

Post ID	Permalink	Post Message
74281347822_10151415263067823	https://www.facebook.com/USNavy/posts/10154431027507823:0	U.S. Navy
74281347822_10154429698517823	https://www.facebook.com/USNavy/posts/10154429698517823:0	Although Sexual Assault Awareness and Prevention Month is coming to an end, our #OneNavyTeam's work continues to eliminate the crime of sexual assault and ensure our team members are treated with dignity and respect because protecting our people protects our mission.
74281347822_10154427984262823	https://www.facebook.com/USNavy/videos/10154427984262823/	#USNavy forces – like USS Carl Vinson (CVN 70) – provide on-call scalable options to address a changing world's challenges, and the ship's Sailors have the ammunition to do that thanks to Helicopter Sea Combat Squadron FOUR, HSC-4 and USNS Richard E. Byrd (T-AKE 4).
74281347822_10154424595317823	https://www.facebook.com/USNavy/videos/10154424595317823/	Watch to help celebrate the christening of our future USS Indiana (SSN 789). Learn more about the next-generation attack submarine at https://go.usa.gov/x55Jj .

74281347822_10154424398677823	https://www.facebook.com/USNavy/videos/10154424398677823/	Watch and wait for the flyover as USS Carl Vinson (CVN 70), USS Lake Champlain (CG 57), USS Wayne E. Meyer (DDG 108) and USS Michael Murphy (DDG 112) transited the Philippine Sea today with two Japan Maritime Self Defence Force destroyers. For more than 70 years, we've been routinely patrolling the Indo-Asia-Pacific to promote regional peace and security, and that continued today!
74281347822_10154424285237823	https://www.facebook.com/USNavy/posts/10154424285237823:0	On this National Superhero Day, we remember that not all heroes wear capes....#USNavy Sailors, past and present, serve to protect and defend America. Tell us about your Navy hero.
74281347822_10154422737957823	https://www.facebook.com/USNavy/posts/10154422737957823:0	On this Throwback Thursday, we're going back to May 16, 2015: The keel laying ceremony for future USS Indiana (SSN 789). This Saturday, we'll christen our newest Virginia-class fast attack submarine. You can watch the ceremony here starting at 11 a.m. EDT.
74281347822_10154421270952823	https://www.facebook.com/USNavy/posts/10154421270952823:0	It's Take Our Daughters and Sons to Work Day. What would you tell your children about why you joined the #USNavy?
74281347822_10154420234052823	https://www.facebook.com/USNavy/posts/10154420234052823	Traumatic brain injuries can happen to anyone and not all TBIs are equal. All Hands Magazine shares how a retired Sailor's decision to seek treatment has put him on a mission to help others.

74281347822_10154419240282823	https://www.facebook.com/USNavy/posts/10154419240282823	We're committed to learning and adapting faster – always getting better, striving to the limits of our performance. Watch live at 4 p.m. ET on the U.S. Marine Corps Facebook page for an example of how our #BlueGreenTeam is doing that.
74281347822_10154418742267823	https://www.facebook.com/USNavy/posts/10154418742267823:0	Wednesday Wisdom: No matter how complex and quickly the world changes, the #USNavy will always fight to maintain prosperity and security on the open oceans.
74281347822_10154417573842823	https://www.facebook.com/USNavy/posts/10154417573842823	As a maritime nation, we rely on open oceans for prosperity and security. We maintain those open waters while expanding and strengthening our network of partners – like USS Carl Vinson (CVN 70) seen here transiting the Philippine Sea while conducting a bilateral exercise with the Japan Maritime Self Defense Force.
74281347822_10154416287467823	https://www.facebook.com/USNavy/videos/10154416287467823/	Sexual assault is a serious crime, and we want victims to get the help they need. Help is always available through the Department of Defense Safe Helpline at 1-877-995-5247 or http://www.safehelpline.org . Turn on your sound to meet some of the people who are ready to help because protecting our people protects our mission.

74281347822_10154416284167823	https://www.facebook.com/USNavy/posts/10154416284167823	"This visit is yet another example of the steadfast ROK and U.S. naval partnership." – Rear Adm. Brad Cooper U.S. Naval Forces Korea
74281347822_10154414382072823	https://www.facebook.com/USNavy/videos/10154414382072823/	Happy 71st birthday to the U.S. Navy Blue Angels! Watch to see some of this year's demonstrations, showcasing the pride and professionalism of the #USNavy and U.S. Marine Corps since 1946. Check out the team's schedule at https://go.usa.gov/x5kK5 .
74281347822_10154414249507823	https://www.facebook.com/USNavy/videos/10154414249507823/	This week on the Rundown: the winners of a historic leadership awards have been announced, the #USNavy is looking for feedback on stress, and the creation of a response team to help prevent family violence.
74281347822_10154413430492823	https://www.facebook.com/USNavy/posts/10154413430492823	"The seriousness in which I view these incidents is reflected in the seniority of those leading this review. They will provide a full and open accounting to our aviation community, their families and the public." - Vice Chief of Naval Operations Adm. Bill Moran
74281347822_10154411071187823	https://www.facebook.com/USNavy/posts/10154411071187823:0	End your weekend with a bang – like USS Carney (DDG 64) firing its Mark 45 5-inch gun during a live-fire exercise during Flag Officer Sea Training 2017 in the Atlantic Ocean, April 18.

74281347822_10154411066287823	https://www.facebook.com/USNavy/posts/10154411066287823	Our #OneNavyTeam serves around the world to protect and defend America. These are some of those Faces of the Fleet...
74281347822_10154407365217823	https://www.facebook.com/USNavy/posts/10154407365217823	More than 90 #USNavy commands are participating in Earth Day events this year. Take a look at how Sailors are doing their part to protect and preserve their Hawaii Nei (beloved Hawaii) – not just during this Earth Month, but always.
74281347822_10154407357097823	https://www.facebook.com/USNavy/posts/10154407357097823	Our #USNavy chaplains provide more than religious support. The Chief of Chaplains of the Navy explains how they're part of our dedication to providing compassionate support to sexual assault victims regardless of their beliefs.
74281347822_10154407350707823	https://www.facebook.com/USNavy/posts/10154407350707823	While today is Earth Day, #USNavy commands across the globe are showcasing their environmental stewardship throughout April as we take care of the environment year-round.
74281347822_10154406395707823	https://www.facebook.com/USNavy/posts/10154406395707823	Drumroll, please. And our Shore Sailor of the Year is...
74281347822_10154405835807823	https://www.facebook.com/USNavy/videos/10154405835807823/	Start your weekend by watching our newest Sailors start their #UNavy careers as they graduate boot camp at Naval Station Great Lakes. Welcome aboard shipmates and your families!

74281347822_10154403810552823	https://www.facebook.com/USNavy/posts/10154403810552823:0	Did you know tomorrow is #PurpleUp Day? The grassroots effort, which began in 2011, is an opportunity to wear purple to show your support for military children because our #KidsServeToo. We know our 'Grapes" will have no problem showing off the joint service color as they're protecting and defending our little shipmates and their families.
74281347822_10154403374727823	https://www.facebook.com/USNavy/posts/10154403374727823	Welcome home shipmates from USS CORONADO (LCS 4)'s maiden deployment! We know Crew 203 will continue to strengthen relationships and enhance interoperability with key maritime partners.
74281347822_10154399810472823	https://www.facebook.com/USNavy/posts/10154399810472823:0	Our #KidsServeToo! Download this certificate to thank your child for their service and support during this Month of the Military Child and every day! You can also download it from https://go.usa.gov/x5xeh .
74281347822_10154399776267823	https://www.facebook.com/USNavy/videos/10154399776267823/	Protecting our people protects our mission, and our sexual assault victim advocates are an important part of that. These specially trained volunteers provide victims essential non-clinical support and information about options and resources, and also maintain contact with them as needed for continued support.

74281347822_10154400014647823	https://www.facebook.com/USNavy/posts/10154400014647823	Just a few hours ago, Vice President Mike Pence spoke to service members on USS Ronald Reagan (CVN 76)'s flight deck during his first official travel to the Asia-Pacific region.
74281347822_10154398615547823	https://www.facebook.com/USNavy/videos/10154398615547823/	LIVE NOW: Watch as Vice President Mike Pence delivers remarks aboard USS Ronald Reagan (CVN 76) as part of his first official travel to the Asia-Pacific region.
74281347822_10154398078857823	https://www.facebook.com/USNavy/posts/10154398078857823	LIVE 9 P.M. ET: Join us here for Vice President Mike Pence's live remarks aboard USS Ronald Reagan (CVN 76) as part of his first official travel to the Asia-Pacific region
74281347822_10154457083893344	https://www.facebook.com/USNavy/videos/10154457083893344/	Today marks 75 years since the Doolittle Raid, which reinvigorated our country's morale following the Pearl Harbor attack. Watch this 1943 US National Archives video to witness the toughness demonstrated during this joint operation between the #USNavy and the U.S. Army Air Forces. Learn more from Naval History & Heritage Command at https://go.usa.gov/x5qUb

74281347822_10154397236137823	https://www.facebook.com/USNavy/posts/10154397236137823	Our future USS Gerald R. Ford - CVN 78 will bring with it 4.5 acres of diplomacy and improved #USNavy warfighting, increased operational availability, as well as reduced operating costs and crew size when it joins our fleet. Let's go inside its builders sea trials – a milestone that marked another step closer to that happening.
74281347822_10154394732052823	https://www.facebook.com/USNavy/posts/10154394732052823	Corpsman up! BZ shipmate! "As soon as I knew that I could be of assistance, I just resorted back to what I learned from my [training as] a corpsman." – Hospital Corpsman Christopher Marroquin
74281347822_10154394395307823	https://www.facebook.com/USNavy/videos/10154394395307823/	This week on the Rundown: 6 things to know about SAPR reporting, the #USNavy recognizes Alcohol Awareness Month with a new mobile app to promote drinking responsibly.
74281347822_10154394417637823	https://www.facebook.com/USNavy/posts/10154394417637823	Flight operations are expected to resume today using a modified mask while we continue to work to identify the root cause of recent physiological episodes and have identified a solution. More on the planned way ahead this week here...

74281347822_10154393060047823	https://www.facebook.com/USNavy/posts/1015439306047823	From training to provide options to protect and defend America... to executing those options, our #USNavy Sailors have been busy. Take a look at how they've been operating forward.
74281347822_10154391614682823	https://www.facebook.com/USNavy/posts/10154391614682823	Our Navy Weeks introduce communities without a #USNavy presence to Navy life and how our Sailors protect and defend America. Let's visit our most recent Navy Week along the Mississippi Gulf Coast.
74281347822_10154389742757823	https://www.facebook.com/USNavy/posts/10154389742757823	In case you missed it, our submarine force celebrated 117 years of Silent Service earlier this week. Test your knowledge here and tag a friend to see who knows more!
74281347822_10154389159037823	https://www.facebook.com/USNavy/posts/10154389159037823:0	The wait is over! The video is here. We apologize for the delay. Thanks for your patience! Welcome to the Navy family.
74281347822_10154388378977823	https://www.facebook.com/USNavy/posts/10154388378977823	Our future USS Gerald R. Ford - CVN 78 is back from builder's sea trials. The next generation aircraft carrier remains on track to conduct acceptance trials and delivery to the #USNavy this spring.

74281347822_10154386824617823	https://www.facebook.com/USNavy/posts/10154386824617823	This new policy is in response to continued reports of explosions of ENDS due to the overheating of lithium-ion batteries. Multiple Sailors have suffered serious injuries from these devices, to include first- and second-degree burns and facial disfigurement.
74281347822_10154385385647823	https://www.facebook.com/USNavy/posts/10154385385647823	Initiative, one of our core attributes, happens in different ways – both personally and professionally. Listen as Chief of Naval Operations Adm. John Richardson talks about the initiative demonstrated by USS Ross’ readiness and how initiative is part of ensuring #NoBystanders in our #OneNavyTeam.
74281347822_10154385586087823	https://www.facebook.com/USNavy/posts/10154385586087823:0	We apologize for the technical problems about the live feed. However, we're recording it and will post it later today at this address. Thank you for your understanding and welcome aboard to our Navy family!
74281347822_10154385374362823	https://www.facebook.com/USNavy/posts/10154385374362823	BZ to our Sailors aboard our future USS Gerald R. Ford - CVN 78 for their readiness during the ship's sea trials to help a Sailor in need. Read and then share to give a BZ too!

<p>74281347822_10154383876607823</p>	<p>https://www.facebook.com/USNavy/videos/10154383876607823/</p>	<p>It's a complex and changing world. Training like this live-fire exercise aboard USS America (LHA 6) is one way that we're always preparing to provide on-scale options. The exercise – seen here looped in slow motion – tested the ship's defenses by destroying a drone using its self-defense Rolling Airframe Missile system.</p>
<p>74281347822_10154382588027823</p>	<p>https://www.facebook.com/USNavy/posts/10154382588027823</p>	<p>See something wrong? Do something right! Did you know that NCIS - Naval Criminal Investigative Service has three ways – text, web and app – to report a crime and issues like direct knowledge of explicit photos taken without consent? Find out more here...</p>
<p>74281347822_10154382348097823</p>	<p>https://www.facebook.com/USNavy/posts/10154382348097823</p>	<p>Time is of the essence if a submarine's pressurized steam lines rupture. Dive deeper into the new damage control equipment we're testing to better protect our Sailors when making emergency repairs or rescuing their shipmates.</p>
<p>74281347822_10154379500762823</p>	<p>https://www.facebook.com/USNavy/videos/10154379500762823/</p>	<p>Each of us has a role to play in preventing, reporting and eliminating sexual assault and harassment as well as other toxic behaviors. LISTEN and then SHARE because the message is clear: There can be #NoBystanders in our #OneNavyTeam. Period.</p>

74281347822_10154377472712823	https://www.facebook.com/USNavy/posts/10154377472712823	The USS Dwight D. Eisenhower (CVN 69) Strike Group returned home just a few months, but that doesn't mean its Sailors aren't maintaining their readiness to deploy anywhere in the world on short notice if needed.
74281347822_10154377086767823	https://www.facebook.com/USNavy/posts/10154377086767823	We have a special Tuesday Trivia for you! How well do you know the #USNavy's Submarine Force? Test your knowledge and help celebrate 117 years of Silent Service.
74281347822_10154377066662823	https://www.facebook.com/USNavy/posts/10154377066662823	Expanding and strengthening our network of partners isn't something just for senior #USNavy leaders. Listen to hear why this line of effort in Chief of Naval Operations Adm. John Richardson's "A Design for Maintaining Maritime Superiority" matters.
74281347822_10154376800202823	https://www.facebook.com/USNavy/posts/10154376800202823	Each of us has a role to play in preventing, reporting and eliminating sexual assault because protecting our people protects our mission. It is important to know the reporting options if you or a shipmate is a victim of sexual assault. Here are six things you need to know and understand.

74281347822_10154375612697823	https://www.facebook.com/USNavy/posts/10154375612697823	"The Navy and our industry partners are excited to have the future USS Gerald R. Ford - CVN 78 underway under her own power for the first time, executing a rigorous and comprehensive test program for this first-of-class ship." - Rear Adm. Brian Antonio Program executive officer for aircraft carriers
74281347822_10154373934647823	https://www.facebook.com/USNavy/posts/10154373934647823:0	On this National Siblings Day, we'd like to give a big HOOYAH to our sister services – U.S. Army, U.S. Marine Corps, United States Air Force and U.S. Coast Guard – that join us in the fight to protect and defend America! #OneTeam, #OneFight!
74281347822_10154372251702823	https://www.facebook.com/USNavy/videos/10154372251702823/	Lacking Monday motivation? Sailors aboard our future USS Gerald R. Ford - CVN 78 probably aren't having that problem. This weekend, they got underway under the ship's own power for the first time to execute a rigorous and comprehensive test program of their first-of-class ship.
74281347822_10154373716312823	https://www.facebook.com/USNavy/videos/10154373716312823/	This week on the Rundown: Quotas and updates are out for the 2017 Meritorious Advancement Program, #USNavy charts the course for the future, and Chief of Naval Personnel - N1 brings Sailor 2025 to Sea Air Space.
74281347822_10154373653147823	https://www.facebook.com/USNavy/posts/10154373653402823:0	U.S. Navy

74281347822_10154372680602823	https://www.facebook.com/USNavy/posts/10154372680602823	It's not often that your BZ comes from your Commander-in-Chief President Donald J. Trump aboard Air Force One.
74281347822_10154372165327823	https://www.facebook.com/USNavy/videos/10154372165327823/	In case you missed it: Our future USS Paul Ignatius (DDG 117) is now another step closer to joining the #USNavy's fleet. Turn on your sound to experience some of Saturday's christening ceremony.
74281347822_10154371398087823	https://www.facebook.com/USNavy/posts/10154371398087823	Forward and flexible. At the direction of U.S. Pacific Command, the USS Carl Vinson (CVN 70) Carrier Strike Group – seen here in a file photo – is proceeding north from Singapore to operate in the Western Pacific rather than conducting previously planned visits to Australia.
74281347822_10154369426567823	https://www.facebook.com/USNavy/posts/10154369426567823	The #USNavy's future USS Gerald R. Ford - CVN 78 is underway under its own power for the first time, executing a rigorous and comprehensive test program for this first-of-class ship.
74281347822_10154367950712823	https://www.facebook.com/USNavy/posts/10154367950712823	Today, our future USS Paul Ignatius (DDG 117) will be another step closer to joining our fleet, helping us to adapt in both quantity and quality to address more complex, rapidly evolving challenges.

74281347822_10154366467762823	https://www.facebook.com/USNavy/posts/10154366467762823	When we talk about the #USNavy providing on-call, scalable options to address challenges in a changing world, the firing of 59 Tomahawk missiles into Syria is an example of that. Here's why...
74281347822_10154365993817823	https://www.facebook.com/USNavy/posts/10154365993817823	The countdown is on until the #USNavy hosts the U.S. Department of Defense (DoD) Warrior Games in Chicago, and this year marks a first for the competition where athletes will demonstrate their enduring warrior spirit.
74281347822_10154364736167823	https://www.facebook.com/USNavy/posts/10154364736167823	In case you missed it last night: The United States fired 59 Tomahawk missiles from USS Porter and USS Ross in the eastern Mediterranean Sea into Syria in retaliation for the regime of Bashar Assad using nerve agents to attack his own people.
74281347822_10154363082297823	https://www.facebook.com/USNavy/videos/10154363082297823/	From the U.S. Department of Defense (DoD): At the direction of the president, U.S. forces conducted a cruise missile strike against a Syrian Air Force airfield today at about 8:40 p.m. EDT (4:40 a.m., April 7, in Syria). The strike targeted Shayrat Airfield in Homs governorate, and were in response to the Syrian government's chemical weapons attack April 4 in Khan Sheikoun, which killed and injured hundreds of innocent Syrian people, including women and children. More details at http://go.usa.gov/xXQ7v

74281347822_10154362436577823	https://www.facebook.com/USNavy/posts/10154362436577823:0	Fair winds and following seas, John Glenn – member of our Department of the Navy family as a U.S. Marine Corps fighter pilot, legendary NASA - National Aeronautics and Space Administration astronaut and U.S. senator. Today, he was laid to rest at Arlington National Cemetery. He passed away Dec. 8, 2016, at age 95.
74281347822_10154360987437823	https://www.facebook.com/USNavy/posts/10154360987437823	The location of the first American shots in World War I, which the United States entered 100-years-ago today, may surprise you. Naval History & Heritage Command explains. Then and now, the #USNavy provides on-call scalable options in a changing world.
74281347822_10154359693222823	https://www.facebook.com/USNavy/posts/10154359693222823	The pause, which is in response to concerns raised by T-45C pilots over the potential for physiological episodes, will allow time for naval aviation leadership to engage with the pilots, hear their concerns and discuss the risk mitigation efforts that are ongoing to correct this issue.
74281347822_10154358395697823	https://www.facebook.com/USNavy/posts/10154358395697823:0	On this Gold Star Spouses Day and everyday, we honor the families of our fallen shipmates for their service and sacrifice.

<p>74281347822_1015435566 8412823</p>	<p>https://www.facebook.com/USNavy/posts/10154355668412823</p>	<p>While April is Sexual Assault Awareness and Prevention Month, the prevention, reporting and elimination of sexual assault is always an all-hands responsibility. Protecting our people to protect our mission starts with you. Share to spread the word.</p>
<p>74281347822_1015435566 0247823</p>	<p>https://www.facebook.com/USNavy/posts/10154355660247823</p>	<p>Are you expecting to PCS this summer? With permanent change of station orders being issued later than normal due to a continuing resolution for fiscal year 2017, there are a few things you need to know to make your move less stressful.</p>
<p>74281347822_1015435504 7397823</p>	<p>https://www.facebook.com/USNavy/posts/10154355047397823</p>	<p>Get energized to maintain our edge in today's competitive world. Chief of Naval Operations Adm. John Richardson shares how directed energy like lasers will be a transformational technology that must be done fast and right so the #USNavy is the first on the field with this capability.</p>

<p>74281347822_10153450431357823</p>	<p>https://www.facebook.com/USNavy/posts/10154355180447823:0</p>	<p>In recognition of Sexual Assault Awareness and Prevention Month, we've changed our profile picture to teal - symbolic of the teal ribbons that are used to mark the month. The April awareness month is designed to build momentum for year-round efforts to eliminate the crime of sexual assault, while making sure all Sailors are treated with dignity and respect. Protecting our People, Protects our Mission!</p>
<p>74281347822_10154354780377823</p>	<p>https://www.facebook.com/USNavy/videos/10154354780377823/</p>	<p>In today's complex and quickly changing world, how are our partnerships a "collective insurance policy?" Turn on your sound as Adm. Bill Moran explained on Monday at the nation's largest maritime expo, Sea Air Space – just outside of Washington, D.C.</p>
<p>74281347822_10154353277167823</p>	<p>https://www.facebook.com/USNavy/posts/10154353277167823</p>	<p>Honoring our past...to build our future inspired by toughness and integrity. The #USNavy celebrated Medal of Honor recipient Thomas Hudner Jr.'s service this weekend during the christening of the guided-missile destroyer that bears his name. His story is all the Monday motivation that you need.</p>

74281347822_10154352088282823	https://www.facebook.com/USNavy/videos/10154352088282823/	This week on the Rundown: The enlisted advancement cycle has been announced, it is Sexual Assault Awareness and Prevention Month, and in case you missed it, big news regarding #USNavy GMTs. Watch for more details.
74281347822_10154351109462823	https://www.facebook.com/USNavy/posts/10154351109462823:0	Sleep tight! Your #USNavy is on watch around the world, protecting and defending America.
74281347822_10154348427802823	https://www.facebook.com/USNavy/posts/10154348427802823	The #USNavy's largest rating will soon see significant training changes to provide ready and relevant training that will prepare them to manage the continuum of care in high-threat or complex environments.
74281347822_10154348438437823	https://www.facebook.com/USNavy/posts/10154348438437823	No April Fool's Day joke! In case you missed it, we've ended online GMT to improve leader engagement opportunities, reduce administrative distractions and address our Sailors' frustration with current online training products. This is the way ahead...
74281347822_10154347399297823	https://www.facebook.com/USNavy/posts/10154347399297823	Happy birthday to our chief petty officers! For 124 years, you've remained the hallmark of technical expertise and ship's knowledge. Celebrate by testing your knowledge of our deckplate leaders and backbone of our #USNavy then, today and beyond! Navy chief! Navy pride!

74281347822_10154346209137823	https://www.facebook.com/USNavy/posts/10154346209137823	<p>Ahead of Saturday's 124th birthday of the #USNavy chief petty officer, we asked you what your chief taught you about integrity, accountability, initiative and toughness. Check out some of the responses and add your own response in our blog here.</p>
74281347822_10154344988862823	https://www.facebook.com/USNavy/posts/10154344988862823	<p>Starting Saturday, we'll observe Sexual Assault Awareness and Prevention Month. Remember each member of our #OneNavyTeam has a role to play in preventing, reporting and eliminating sexual assault – not just in April, but always because protecting our people protects our mission.</p>
74281347822_10154344841027823	https://www.facebook.com/USNavy/videos/10154344841027823/	<p>Our female Sailors and civilians – like Angela Moran – have a rich history of service in the #USNavy. Turn on your sound to listen why the United States Naval Academy professor says one of her contributions to our #OneNavyTeam was life changing for her. BZ Professor Moran!</p>
74281347822_10154342645237823	https://www.facebook.com/USNavy/posts/10154342645237823	<p>Saturday, we'll christen the future USS Thomas Hudner (DDG 116). Read to learn more about the #USNavy's newest guided-missile destroyer.</p>

74281347822_10154342509852823	https://www.facebook.com/USNavy/videos/10154342509852823/	In this #31for31, Chief of Naval Operations Adm. John Richardson delivered a keynote address to the 2017 Directed Energy Summit in Washington, DC. Watch for some of the highlights.
74281347822_10154340643017823	https://www.facebook.com/USNavy/posts/10154340643017823:0	This Saturday, we'll mark 124 years of deckplate leadership by our #USNavy chiefs. Tell us what your chief taught you about integrity, accountability, initiative and toughness. We'll share some of your answers later this week.
74281347822_10154340062327823	https://www.facebook.com/USNavy/posts/10154340062327823	Our #USNavy Sailors serve around the world, around the clock to protect and defend America. Here's a look at some of our "Faces of the Fleet"...
74281347822_10154338246537823	https://www.facebook.com/USNavy/videos/10154338246537823/	In this #31for31, Chief of Naval Operations Adm. John Richardson met in #London with the First Sea Lord of the United Kingdom, Adm. Sir Philip Jones, Royal Navy and Chief of Naval Staff, Adm. Christophe Prazuck, Marine Nationale, affirming their commitment to increased interoperability.

74281347822_10154338017172823	https://www.facebook.com/USNavy/posts/10154338017172823	TUESDAY TRIVIA: Female Sailors and civilians have a long and distinguished legacy of service in our #USNavy. Do you know the name of the first female to be presented the Navy Cross? CLUE: This Chief Nurse received the Navy Cross for her leadership of the Navy Nurse Corps during World War I. Tell us your answer in the comments below.
74281347822_10154337691507823	https://www.facebook.com/USNavy/posts/10154337691507823	Watch Chief of Naval Operations Adm. John Richardson's all-hands call live from Rota Spain.
74281347822_10154335832502823	https://www.facebook.com/USNavy/posts/10154335832502823	We've heard the feedback from the Fleet that online training is ineffective and impersonal. Now, we want to tell you what we've done about it.
74281347822_10154335228042823	https://www.facebook.com/USNavy/posts/10154335228042823	Vice Chief of Naval Operations Adm. Bill Moran discusses the need for a bigger and more capable #USNavy, the idea of wholeness, and the importance of people. in the latest Soundings podcast. Listen here!
74281347822_10154335009437823	https://www.facebook.com/USNavy/videos/10154335009437823/	This week on the Rundown: Chief of Naval Operations Adm. John Richardson addresses stopping toxic behavior, 5 things you need to know about conducting yourself online, and more.
74281347822_10154333508742823	https://www.facebook.com/USNavy/posts/10154333508742823	Navy Weeks allow us to bring our #USNavy home. In Austin, it was also an opportunity to remember more than 3,400 Texans who gave their lives so others might be free.

<p>74281347822_10154332391942823</p>	<p>https://www.facebook.com/USNavy/videos/10154332391942823/</p>	<p>Our female Sailors and civilians – like Allison Stiller – have a long and distinguished legacy of service in our #USNavy. On Jan. 20, she began performing the duties of our assistant secretary of the Navy for Research Development & Acquisition.</p>
<p>74281347822_10154329756307823</p>	<p>https://www.facebook.com/USNavy/posts/10154329756307823</p>	<p>Join us in honoring the recipients of our nation's highest medal for valor in combat. On this day in 1863, the first Medals of Honor were presented. Today, learn about our shipmates who earned it for their conspicuous gallantry and intrepidity at the risk of life, above and beyond the call of duty.</p>
<p>74281347822_10154328184847823</p>	<p>https://www.facebook.com/USNavy/posts/10154328184847823</p>	<p>Today, women serve in every rank from seaman to admiral and have the opportunity to serve in any occupation in the #USNavy. In observation of Women's History Month, we want to introduce you to some of our Faces of the Fleet who continue to contribute to a distinguished legacy of service.</p>

74281347822_10154327234522823	https://www.facebook.com/USNavy/posts/10154327234522823	As a maritime nation, we rely on open oceans for prosperity and security. We maintain these open waters while expanding and strengthening our network of partners through exercises like Foal Eagle – a series of joint and combined field training exercises, conducted by the Combined Forces Command and U.S. Forces Korea component commands. Foal Eagle enhances the combat readiness, flexibility, and capabilities of the Republic of Korea and U.S. alliance.
74281347822_10154327206682823	https://www.facebook.com/USNavy/posts/10154327206682823:0	If you're not currently receiving the video, please stand-by.
74281347822_10154325700167823	https://www.facebook.com/USNavy/posts/10154325700167823:0	Welcome home, shipmates! Master Chief Missile Technician Adrian Watkins, assigned to USS Nevada (SSBN 733), hugs his wife after the boat returned to Naval Base Kitsap Tuesday following a routine deterrent patrol.
74281347822_10154324630847823	https://www.facebook.com/USNavy/posts/10154324630847823	On this Throwback Thursday, we're back to today 1882 when Secretary of the Navy William Hunt created the Office of Naval Intelligence with General Order Number 292. Explore how ONI has constantly transformed and evolved to be what our #USNavy and nation needs.

74281347822_10154321802832823	https://www.facebook.com/USNavy/videos/10154321802832823/	When we talk about female Sailors and civilians playing a crucial role in our #USNavy, we're talking about members of our One Navy Team like Raye Montague. Watch as she shares how she revolutionized our ship design process by contributing her talents and adding to a rich history of service.
74281347822_10154321702732823	https://www.facebook.com/USNavy/posts/10154321702732823:0	Don't be tricked by social engineering like phishing. Always be mindful of the information you're providing to people you don't know, regardless of how sincere or legitimate they may seem. You're in the #NavyCyber battlespace! Get more Naval Operations Security (OPSEC) tips at https://go.usa.gov/xXkCv .
74281347822_10154321676482823	https://www.facebook.com/USNavy/posts/10154321676482823	Busted, AGAIN! For the second time in five days, USS Laboon (DDG 58) intercepted a small, stateless dhow in the international waters of the Arabian Sea and seized 500 kilograms of Hashish. Maritime security operations at work!
74281347822_10154318836532823	https://www.facebook.com/USNavy/videos/10154318836532823/	Take a look at U.S. Navy Blue Angels Boss refueling thanks to the United States Air Force's 79th Air Refueling Squadron. Up next: Brunswick, Georgia, this weekend for the Wings Over Golden Isles Air Show. Get the team's schedule at https://go.usa.gov/xXKAK

74281347822_10154318911377823	https://www.facebook.com/USNavy/posts/10154318911377823	What's the latest about #USNavy personnel initiatives? Hear straight from the top with Chief of Naval Personnel - N1 Vice Adm. Robert Burke in the latest Soundings podcast.
74281347822_10154318899952823	https://www.facebook.com/USNavy/posts/10154318899952823	100-years-ago today: Loretta Perfectus Walsh left her mark on #USNavy history when she became our first female chief petty officer. Travel back in time with us for a historical look at other female Sailors who benefited from our female chiefs' deckplate leadership. BZ shipmates!
74281347822_10154316609227823	https://www.facebook.com/USNavy/videos/10154316609227823/	On this date in #USNavy history: In 2003, Operation Iraqi Freedom began after USS Bunker Hill (CG 52) was among the first to launch tomahawk missiles on Iraq, along with other Navy ships in the Red Sea and Arabian Gulf. Today, we're still providing on-call scalable options to address a changing world's challenges.
74281347822_10154316537707823	https://www.facebook.com/USNavy/videos/10154316537707823/	This week on the Rundown: A message from Chief of Naval Operations Adm. John Richardson about a problem that we need to solve, a new way to get #USNavy apps, and more. Watch for details.

74281347822_10154316409417823	https://www.facebook.com/USNavy/posts/10154316409417823	Our civilian employees are dedicated professionals and critical members of our #USNavy team. We can't accomplish our mission without them. See how we're mitigating the effects of the federal hiring freeze on our Navy family.
74281347822_10154314114787823	https://www.facebook.com/USNavy/videos/10154314114787823/	Our female Sailors – like Vice Adm. Jan Tighe – and civilians have a long and distinguished legacy of service in our #USNavy. Meet our deputy chief of Naval Operations for Information Warfare/director of Naval Intelligence here.
74281347822_10154311626627823	https://www.facebook.com/USNavy/posts/10154311626627823:0	Start your weekend with a bang – like USS Donald Cook (DDG 75) firing its Mark 45 5-inch gun during a live-fire gunnery exercise during Flag Officer Sea Training 2017 in the Atlantic Ocean, March 13.
74281347822_1015430912372823	https://www.facebook.com/USNavy/posts/1015430912372823:0	There's no room for luck in the #USNavy when we're protecting and defending America! It takes integrity, accountability, initiative and toughness.
74281347822_10154307791467823	https://www.facebook.com/USNavy/posts/10154307791467823	On this Throwback Thursday, we're going back to 1945 for an incredible example of initiative and toughness during the Iwo Jima campaign! READ: If you don't know about Pharmacist's Mate 1st Class Francis Pierce's actions that earned him the Medal of Honor. SHARE: If you do know his story.

74281347822_10154306376772823	https://www.facebook.com/USNavy/videos/10154306376772823/	Watch as Chief of Naval Operations Adm. John Richardson shares why we're starting the conversation earlier with industry to discuss our #USNavy's requirements.
74281347822_10154304513927823	https://www.facebook.com/USNavy/posts/10154304513927823:0	Join us in wishing U.S. 7th Fleet happy birthday! It was established March 15, 1943. Today, it is the largest forward-deployed U.S. fleet, and maintains a forward presence in the Indo--Asia-Pacific providing security and stability to that region.
74281347822_10154303728632823	https://www.facebook.com/USNavy/posts/10154303728632823	Read this blog and share to spread the message from Chief of Naval Operations Adm. John Richardson that we have a problem and we need to solve it. The discovery of online sites that degrade the female members of our team has shined a light on the fact that this problem persists. There is no room in our Navy for toxic behavior.
74281347822_10154301159977823	https://www.facebook.com/USNavy/posts/10154301159977823	TUESDAY TRIVIA: Female Sailors and civilians have a long and distinguished legacy of service in our #USNavy. Edith Voorhees Hasson is part of that legacy. Tell us why in the comments below. CLUE: https://go.usa.gov/xXrFR
74281347822_10154301137417823	https://www.facebook.com/USNavy/posts/10154301137417823	Questions about the household goods process for a PCS move? There are now more live, interactive webinars to help you! Get the schedule here.

<p>74281347822_10154300851832823</p>	<p>https://www.facebook.com/USNavy/posts/10154300851832823</p>	<p>Competition, winning, failing and most importantly, treating each other with dignity and respect. It's all in Chief of Naval Operations Adm. John Richardson's latest podcast. Listen to Soundings here!</p>
<p>74281347822_10154299341182823</p>	<p>https://www.facebook.com/USNavy/videos/10154299341182823/</p>	<p>U.S. Navy Blue Angels history in flight! On Friday, the team took to the skies with one of its jets and its first two performing aircraft, the F6F Hellcat and the F8F Bearcat, before its first airshow in El Centro, California, on Saturday. Up next: The NAWS China Lake Air Show this weekend.</p>
<p>74281347822_10154298229762823</p>	<p>https://www.facebook.com/USNavy/posts/10154298229762823:0</p>	<p>SHARE TO THANK all of our Sailors who have served aboard USS Carl Vinson (CVN 70) since it was commissioned 35-years-ago today. Right now, it's on a western Pacific deployment under Commander, U.S. Third Fleet's command and control, offering additional options to the U.S. Pacific Fleet commander by leveraging the capabilities of 3rd Fleet and U.S. 7th Fleet.</p>
<p>74281347822_10154297461377823</p>	<p>https://www.facebook.com/USNavy/videos/10154297461377823/</p>	<p>Our female Sailors – like Capt. Amy Bauernschmidt – and civilians have a long and distinguished legacy of service in our #USNavy. Meet USS Abraham Lincoln (CVN 72)'s executive officer here.</p>

74281347822_10154297047632823	https://www.facebook.com/USNavy/videos/10154297047632823/	This week on the 100th episode of the Rundown: Chief of Naval Operations Adm. John Richardson announces an essay contest, rating experts are needed to help shape advancement exams, a chance to give back through the Navy-Marine Corps Relief Society and more.
74281347822_10154285647082823	https://www.facebook.com/USNavy/videos/10154285647082823/	In case you missed it, watch as USS Detroit - Iron Warriors conduct a successful missile test firing.
74281347822_10154285653917823	https://www.facebook.com/USNavy/posts/10154285653917823	Chief's anchors mark a symbol of expertise, trust, partnership and above all...leadership. The #USNavy is looking for a few chiefs interested in shaping the future of their ratings.
74281347822_10154285536847823	https://www.facebook.com/USNavy/posts/10154285536847823	#USNavy's USS Detroit (LCS 7) + Surface to Surface Missile Module = Distributed Lethality
74281347822_10154285533572823	https://www.facebook.com/USNavy/posts/10154285533572823	The largest annual multilateral humanitarian assistance and disaster relief preparedness mission in the Indo-Asia-Pacific region is underway. Go inside for a closer look at their mission's first stop.

74281347822_10154283457312823	https://www.facebook.com/USNavy/posts/10154283457312823	As our #USNavy sharpens our competitive edge, we need to be scrapping for every advantage we can get. Toxic behaviors make us weaker; they cede our advantage, our people, to the enemy. These behaviors have no place in our Navy. Our ability to succeed is directly tied to our ability to fight as one team – a team that treats one another honorably.
74281347822_10154282125972823	https://www.facebook.com/USNavy/posts/10154282125972823	Go inside the humanitarian mission Continuing Promise 2017 as it strengthens our partnerships and improves cooperation in Central and South America.
74281347822_10154279353752823	https://www.facebook.com/USNavy/posts/10154279353752823:0	USS George H.W. Bush (CVN 77) performs a passing exercise with USS Philippine Sea (CG 58) and the Hellenic Navy's Elli-class frigate HN Kountouriotis (F-462), March 5. The George H.W. Bush Carrier Strike Group is conducting naval operations in the U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet area of operations in support of U.S. national security interests.
74281347822_10154277719567823	https://www.facebook.com/USNavy/posts/10154277719567823:0	On this International Women's Day and every day, our female Sailors and #USNavy civilians continue their rich history of service by contributing their talents and capabilities to our force.

74281347822_10154275606257823	https://www.facebook.com/USNavy/posts/10154275606257823	A view perfect for a postcard to home from USS MAKIN ISLAND (LHD 8) in the Arabian Sea, March 3! The amphibious assault ship is supporting maritime security operations designed to reassure allies and partners, and preserve the freedom of navigation and the free flow of commerce in the region.
74281347822_10154273969892823	https://www.facebook.com/USNavy/posts/10154273969892823	Tuesday Trivia: What was the first #USNavy combatant ship to have women assigned to it? Clue: The orders were issued 23-years-ago today. Answer: https://go.usa.gov/xXxSx
74281347822_10154271727842823	https://www.facebook.com/USNavy/posts/10154271727842823	Good news! The U.S. Navy Blue Angels have added another performance to their schedule. See if it is coming to your city!
74281347822_10154271019492823	https://www.facebook.com/USNavy/videos/10154271019492823/	On this Rundown: EAOS extensions for first-term Sailors, Chief of Naval Operations Adm. John Richardson's Professional Reading Program, and more
74281347822_10154271148127823	https://www.facebook.com/USNavy/videos/10154271148127823/	As this week gets underway, take a look back at February and how our Sailors are providing on-call scalable options to address a changing world's challenges.
74281347822_10154268523982823	https://www.facebook.com/USNavy/posts/10154268523982823	Happy 75th anniversary #USNavy Seabees! To celebrate, test your knowledge about how their "Can Do" attitude builds more than just construction projects.

74281347822_10154266500447823	https://www.facebook.com/USNavy/videos/10154266500447823/	Get ready for our #USNavy Seabees' 75th anniversary on Sunday by watching this All Hands Magazine story. Then, share so your friends can dig into their "Can Do" history too!
74281347822_10154265430782823	https://www.facebook.com/USNavy/posts/10154265430782823	For the first time in 25 years, the United States faces a return to great power competition. "It is about winning. Do not mistake that for a second. We are not out there to be the second most powerful navy in the world." - Chief of Naval Operations Adm. John Richardson
74281347822_10154265290032823	https://www.facebook.com/USNavy/videos/10154265290032823/	This Women's History Month, we're sharing stories of #USNavy female Sailors and civilians like Naval Sea Systems Command's Sharon Smoot - part of a long and distinguished legacy of service to our Navy.
74281347822_10154262079307823	https://www.facebook.com/USNavy/posts/10154262079307823:0	Thank you to our Reservists for answering our nation's call in our Navy Reserve for 102 years during war and peace!
74281347822_10154262294687823	https://www.facebook.com/USNavy/posts/10154262294687823	Go behind the scenes of President Donald J. Trump's visit to our future USS Gerald R. Ford - CVN 78.
74281347822_10154260862492823	https://www.facebook.com/USNavy/posts/10154260862492823	Earlier today, President Donald J. Trump addressed #USNavy Sailors aboard our future USS Gerald R. Ford - CVN 78 - his visit to an aircraft carrier.

74281347822_1015425933 9367823	https://www.facebook.com/USNavy/posts/10154259339367823:0	44 years ago today, the first four female #USNavy pilots began training: Lt. j.g. Barbara Allen, Ens. Jane Skiles, Lt. j.g. Judith Neuffer and Ens. Kathleen McNary. Today, women hold nearly every job from naval aviator to deep-sea diver, and have the opportunity to serve in any occupation.
74281347822_1015425966 6897823	https://www.facebook.com/USNavy/posts/10154259666897823	LIVE 2:30 P.M. ET: Watch as President Donald J. Trump delivers remarks aboard our future USS Gerald R. Ford - CVN 78.
74281347822_1015425933 5347823	https://www.facebook.com/USNavy/posts/10154259335347823:0	Our #USNavy Sailors provide on-call, scalable options in today's rapidly changing world. USS Bataan (LHD 5)'s Blue-Green Team is out there along with its amphibious ready group to provide those options after deploying yesterday from Naval Station Norfolk.
74281347822_1015425932 2897823	https://www.facebook.com/USNavy/posts/10154259322897823	BZ shipmates! "This incident is an example of the types of situations our Sailors train for, day-in and day-out." - Cmdr. Edward Weiler Helicopter Sea Combat Squadron Two-Five (HSC-25) commanding officer
74281347822_1015425751 5557823	https://www.facebook.com/USNavy/posts/10154257515557823	Join us in thanking USS Albuquerque (SSN 706) and the boat's crews for 33 years of service to our #USNavy SHARE to spread the word that our Silent Service continues to run silent and deep!

74281347822_10154257509862823	https://www.facebook.com/USNavy/posts/10154257509862823	Our first #NavyWeek of the year is over, but we're just getting started! Take a look back at Navy Week Mobile here and see if a Navy Week is coming to your community.
74281347822_10154256603362823	https://www.facebook.com/USNavy/posts/10154256603362823	Join us this #WomensHistoryMonth in honoring our female Sailors and civilians for their rich history of service and continuous contributions of their talents and capabilities to our #OneNavyTeam.
74281347822_10154254834407823	https://www.facebook.com/USNavy/videos/10154254834407823/	Before we jump into our next Navy Week in Austin, Texas, you've got to see how the U.S. Navy Parachute Team "The Leap Frogs" helped to kick off #NavyWeek Mobile on Thursday. This video is worth watching until the end!
74281347822_10154254323962823	https://www.facebook.com/USNavy/posts/10154254323962823	We're a deployed force that serves around the world to provide on-call, scalable options. Take a look at some places where our #USNavy Sailors are serving to provide those options.
74281347822_10154254049892823	https://www.facebook.com/USNavy/posts/10154254049892823	If you don't know Seaman Joseph Noil's story of toughness, you should! All Hands Magazine shares how the Medal of Honor recipient slowly faded from history, and how the #USNavy righted that wrong.

74281347822_10154252544852823	https://www.facebook.com/USNavy/posts/10154252544852823	Come aboard USS George H.W. Bush (CVN 77) during its operations in the eastern Mediterranean Sea, which demonstrate our ability to conduct precision strikes on ISIS targets from multiple theaters. These strikes highlight the flexibility of the #USNavy's globally-deployed force.
74281347822_10154252026262823	https://www.facebook.com/USNavy/videos/10154252026262823/	For the first time in 25 years, the United States is facing a return to great power competition. Listen as Chief of Naval Operations Adm. John Richardson explains what it means for the #USNavy.
74281347822_10154251794922823	https://www.facebook.com/USNavy/videos/10154251794922823/	On this Rundown: We're asking Sailors to consider duty as recruit division commanders, how Sailors can get "SMART" with their goals, and more. Watch for details here.
74281347822_10154248760017823	https://www.facebook.com/USNavy/posts/10154248760017823:0	These #USNavy Sailors aren't walking down the #Oscars red carpet, but this walk down to check for debris aboard USS Carl Vinson (CVN 70) makes sure the aircraft carrier's flight deck is safe for flight operations during its deployment in the western Pacific.
74281347822_10154248757472823	https://www.facebook.com/USNavy/posts/10154248757472823:0	It may be the weekend, but our #USNavy Sailors are working around the world, around the clock, operating forward to protect and defend America!

74281347822_10154248755447823	https://www.facebook.com/USNavy/posts/10154248755447823	Listen as Master Chief Petty Officer of the Navy Steven Giordano discusses his recent travels in the fleet, leadership and the #USNavy's core attributes, and more.
74281347822_10154247632222823	https://www.facebook.com/USNavy/posts/10154247632222823	On this day in 1933: Our first true aircraft carrier, USS Ranger (CV 4), was launched. If you knew that, hit LIKE. If you didn't know that, hit SHARE to tell your friends. 84 years later, the #USNavy continues to adapt in both quantity and quality to protect and defend America!
74281347822_10154246386022823	https://www.facebook.com/USNavy/posts/10154246386022823:0	Join us in wishing a happy birthday to the #USNavy Supply Corps, which celebrated 222 years of excellence on Thursday! Thank you for maintaining our Sailors' warfighter readiness and improving the quality of life for our Sailors and their families.
74281347822_10154247457117823	https://www.facebook.com/USNavy/videos/10154247457117823/	Our diverse workforce brings together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets. That allows us to operate successfully around the world. Meet a #USNavy Sailor and NASA - National Aeronautics and Space Administration astronaut who has reached for the stars and succeeded.

74281347822_10154246004192823	https://www.facebook.com/USNavy/posts/10154246004192823	#NavyWeek Mobile is here, and so is USS Mitscher (DDG 57)! Hit "LIKE" if you've been to a Navy Week. Hit "WOW" if you'd like to attend one - an opportunity to learn about the #USNavy, our people and our importance to national security and prosperity.
74281347822_10154244824422823	https://www.facebook.com/USNavy/posts/10154244824422823	We're looking for the best of our best to turn civilians into #USNavy Sailors.
74281347822_10154242593077823	https://www.facebook.com/USNavy/posts/10154242593077823:0	On this Throwback Thursday, we're going back to this day in 1919, the first #USNavy ship named for an enlisted man, USS Osmond Ingram (DD 255), is launched.
74281347822_10154241059967823	https://www.facebook.com/USNavy/posts/10154241059967823	We're a maritime nation and we rely on open oceans for prosperity and security. USS Barry - DDG 52 transits the Philippine Sea, Feb. 10. The Arleigh Burke-class guided-missile destroyer is on patrol in support of security and stability in the Indo-Asia-Pacific region.
74281347822_10154240284362823	https://www.facebook.com/USNavy/posts/10154240284362823	Did you know Chicago O'Hare International Airport's name honors a World War II naval aviator? Naval History & Heritage Command shares how the Medal of Honor recipient's toughness continues to be honored.

74281347822_10154239910197823	https://www.facebook.com/USNavy/posts/10154239910197823	DDG-121's keel laying and authentication mark the ceremonial beginning of the #USNavy's future USS Frank E. Petersen, Jr., honoring a U.S. Marine Corps trailblazer.
74281347822_10154237727187823	https://www.facebook.com/USNavy/posts/10154237727187823	Who am I and what did I do? CLUE: During the attack on Pearl Harbor, I literally took matters into my own hands to protect my ship and my shipmates. ANSWER: http://go.usa.gov/x9JKQ A diverse workforce positions the #USNavy to operate successfully around the globe by bringing together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets.
74281347822_10154238093392823	https://www.facebook.com/USNavy/posts/10154238093392823:0	Whether our #USNavy Sailors serve topside or below deck, we're training - like these USS George H.W. Bush (CVN 77) Sailors during a medical drill - to be ready to provide on-call scalable options.
74281347822_10154237494002823	https://www.facebook.com/USNavy/videos/10154237494002823/	On this Weekly Wire Rundown, we're testing a new personnel web portal, command senior chief and master chief selection board results are out, and more. Watch for details here.

74281347822_10154236322577823	https://www.facebook.com/USNavy/posts/10154236322577823	We're committed to giving our #USNavy Sailors a modern personnel system that they deserve. The first step in providing them a consolidated one-stop shop for their personnel information in here, and we want their feedback.
74281347822_10154235336712823	https://www.facebook.com/USNavy/posts/10154235336712823	On this Presidents Day, take a look with Naval History & Heritage Command at some of our #USNavy ships that honor U.S. presidents.
74281347822_10154230604597823	https://www.facebook.com/USNavy/videos/10154230604597823/	In case you missed it, experience hyper-realistic trauma training for our independent duty corpsmen. All Hands Magazine takes you inside this tough course that saves lives in the fleet.
74281347822_10154230577522823	https://www.facebook.com/USNavy/posts/10154230577522823	Why do our #USNavy carrier air wings need the capabilities provided by our 4th and 5th generation aircraft? Get the answer from our air boss.
74281347822_10154230549507823	https://www.facebook.com/USNavy/posts/10154230549507823	BZ to our galleys and culinary specialists who have been recognized for their outstanding food service! Check out the winners and then tell us who has the best galley in the #USNavy.

74281347822_10154230520562823	https://www.facebook.com/USNavy/posts/10154230520562823	It takes #OneNavyTeam to provide on-call scalable options to address a changing world's challenges. Meet USS Dwight D. Eisenhower (CVN 69) Sailors who provided those options during their deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet.
74281347822_10154230514547823	https://www.facebook.com/USNavy/posts/10154230514547823	What does #USNavy toughness mean to you? Chief of Naval Operations Adm. John Richardson explains how toughness - one of our four core attributes - helps to guide our decisions and actions.
74281347822_10154230261757823	https://www.facebook.com/USNavy/videos/10154230261757823/	African American Sailors and civilians, like Naval Sea Systems Command's Sharon Smoot, are integral parts of our #OneNavyTeam. Listen as she shares how our #USNavy is strengthened by the diversity of our force.
74281347822_10154228920717823	https://www.facebook.com/USNavy/posts/10154228920717823:0	Talk about #USNavy toughness! On this day in 1945, Lt. j.g. Rufus Herring's actions during the pre-invasion attack on Iwo Jima earned him the Medal of Honor. Learn about his actions that day in this Nov. 1945 issue of All Hands Magazine at http://go.usa.gov/x9u7H .

74281347822_10154227182272823	https://www.facebook.com/USNavy/posts/10154227182272823/0	Building a bridge with an ally, and building and strengthening partnerships to make us a stronger fighting force. #USNavy Seabees with Naval Mobile Construction Battalion 5 and Marines work with Republic of Korea marines to erect an Improved Ribbon Bridge in open waters in Chinhae, South Korea, Jan. 28.
74281347822_10154224688752823	https://www.facebook.com/USNavy/videos/10154224688752823/	Don't miss a second of this tough, hyper-realistic trauma training for our #USNavy independent duty corpsmen. Watch as All Hands Magazine takes you inside this course that saves lives in the fleet.
74281347822_10154224115262823	https://www.facebook.com/USNavy/posts/10154224115262823	"The MQ-4C Triton's advanced intelligence, surveillance, and reconnaissance capabilities bring enhanced battlespace awareness for the fleet to achieve full spectrum superiority." – Adm. Phil Davidson Commander, U.S. Fleet Forces Command
74281347822_10154223901377823	https://www.facebook.com/USNavy/posts/10154223901377823	"PowerPoints are boring; people fall asleep and they are kind of pointless. Getting involved [in the role-playing] allows people to examine how they would actually respond in a real-life scenario." – A quartermaster aboard USS Shiloh (CG 67)

<p>74281347822_10154221015112823</p>	<p>https://www.facebook.com/USNavy/videos/10154221015112823/</p>	<p>In order to provide on-call scalable options in a changing world, our #USNavy Sailors need the right capabilities, including the right ammunition. Watch as USS America (LHA 6)'s weapons department completes a four-day ammunition on load – the final requirement for the ship to deploy this summer.</p>
<p>74281347822_10154220792322823</p>	<p>https://www.facebook.com/USNavy/posts/10154220792322823</p>	<p>What does #USNavy toughness mean? Chief of Naval Operations Adm. John Richardson explains in his latest podcast. Listen here.</p>
<p>74281347822_10154218942747823</p>	<p>https://www.facebook.com/USNavy/videos/10154218942747823/</p>	<p>Watch to come aboard USS George H.W. Bush (CVN 77)'s flight deck as its carrier strike group joined the Operation Inherent Resolve fight yesterday. The strikes from the eastern Mediterranean Sea demonstrate our ability to conduct precision strikes on ISIS targets from multiple theaters as part of our globally deployed force.</p>

74281347822_10154218290037823	https://www.facebook.com/USNavy/posts/10154218290037823	<p>Who am I? In 1968, I became the first amputee to serve as a #USNavy diver following an accident in 1966 while participating in the recovery of atomic bombs after the crash of two United States Air Force planes. Later, I became our first African-American master diver in 1970. ANSWER: http://go.usa.gov/x9tnH A diverse workforce positions the Navy to operate successfully around the globe by bringing together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets.</p>
74281347822_10154217803257823	https://www.facebook.com/USNavy/videos/10154217803257823/	<p>Happy Valentine's Day from the #USNavy! We love serving to protect and defend our Nation and those who we love. Share with someone that you love!</p>
74281347822_10154215944527823	https://www.facebook.com/USNavy/posts/10154215944527823	<p>Today, the USS George H.W. Bush (CVN 77) Carrier Strike Group joined the Operation Inherent Resolve fight. Its strikes from the eastern Mediterranean Sea demonstrate the #USNavy's capability to conduct precision strikes on ISIL targets from multiple theaters, highlighting the flexibility of our globally deployed force.</p>

74281347822_10154215822792823	https://www.facebook.com/USNavy/posts/10154215822792823	Our future USS Tulsa (LCS 16) is another step closer to joining the #USNavy's fleet after its christening this weekend. "Ships like Tulsa will operate where much of our Navy simply cannot, in the shallows and in the littorals, with speed, agility and lethality." - Vice Chief of Naval Operations Adm. Bill Moran
74281347822_10154215349237823	https://www.facebook.com/USNavy/videos/10154215349237823/	On this Rundown, the SAIL program is available fleet wide to provide rapid assistance and on-going risk assessment and support for our Sailors who have exhibited suicide-related behavior, the #USNavy wants more enlisted women aboard subs, and Navy COOL will be visiting a city near you. Watch for details now.
74281347822_10154212104777823	https://www.facebook.com/USNavy/videos/10154212104777823/	Train like you fight. Fight like you train. Watch as #USNavy USS Donald Cook (DDG 75) fires its MK45 5 inch gun during a live-fire gunnery exercise in U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet's area of operations.
74281347822_10154212084202823	https://www.facebook.com/USNavy/posts/10154212084202823	Sailors should expect a compressed timeline for planning and scheduling military moves through the end of the Continuing Resolution for fiscal year 2017. This is what you should know.

74281347822_10154212062422823	https://www.facebook.com/USNavy/posts/10154212062422823	Listen as Vice Chief of Naval Operations Adm. Bill Moran discusses the need for a larger, well-equipped #USNavy with a focus on Sailors.
74281347822_10154208825567823	https://www.facebook.com/USNavy/posts/10154208825567823:0	No playtime here. #USNavy Master-at-Arms 2nd Class Jordyn Japoc, a military working dog handler, and Puskos, a Jagdterrier military working dog drug detector, begin the certification process to include obedience training and narcotic detector training onboard Naval Station Norfolk, Feb. 1.
74281347822_10154208564512823	https://www.facebook.com/USNavy/posts/10154208564512823:0	The Sailor of the Year program recognizes an individual Sailor who best represented the ever-growing group of dedicated professional Sailors at each command and ultimately the #USNavy. What advice do you have for our Sailors as they prepare?
74281347822_10154210815007823	https://www.facebook.com/USNavy/videos/10154210815007823/	To achieve optimal mission readiness, we provide every #USNavy Sailor and civilian with equal access to the tools and resources they need to succeed. Turn on your sound and listen as Rear Adm. John Fuller shares why his entire goal is to let his work and the content of his character speak for itself.

74281347822_10154209380047823	https://www.facebook.com/USNavy/posts/1015420938047823:0	Whether above, on or beneath the water, our #USNavy Sailors are serving around the world to provide on-call, scalable options to address challenges in a complex and quickly changing world.
74281347822_10154208357782823	https://www.facebook.com/USNavy/videos/10154208357782823/	Join us in welcoming our newest #USNavy Sailors to the fleet. Watch their boot camp graduation live at 9:45 a.m. ET today.
74281347822_10154207054517823	https://www.facebook.com/USNavy/posts/10154207054517823	An F/A-18E Super Hornet lands on USS Carl Vinson (CVN 70) in the Pacific Ocean, Feb. 4. The #USNavy aircraft carrier and its strike group are on a regularly scheduled Western Pacific deployment as part of the U.S. Pacific Fleet-led initiative to extend the command and control functions of Commander, U.S. Third Fleet.
74281347822_10154206320012823	https://www.facebook.com/USNavy/posts/10154206320012823	"... on-going demand for naval forces exceeds our long-term supply. And that need continues to grow with no end in sight. Supply is best summed up in one fact: Your Navy today is the smallest we've had in 99 years." - Vice Chief of Naval Operations Adm. Bill Moran told lawmakers this week.
74281347822_10154205797367823	https://www.facebook.com/USNavy/posts/10154205797367823	Our future expeditionary fast transport USNS Yuma (T-EPF 8) is another step closer to joining the #USNavy fleet after successfully completing acceptance trials. Get to know its capabilities here.

74281347822_10154204337607823	https://www.facebook.com/USNavy/posts/10154204337607823	Fair winds and following seas, Sir. We have the watch.
74281347822_10154204336002823	https://www.facebook.com/USNavy/posts/10154204336002823 :0	Our #USNavy Sailors serve around the world. Training like this cold-water endurance ruck march by Explosive Ordnance Disposal Mobile Unit 8 and the Norwegian Army Explosive Ordnance Disposal teams in the austere environment of northern Norway helps prepare our Sailors to conduct decisive combat operations to defeat any enemy.
74281347822_10154203549512823	https://www.facebook.com/USNavy/posts/10154203549512823	Naval Personnel Command has announced a plan to consolidate several #USNavy Personnel Support Detachment and Customer Support Detachment locations. Find out how the customer service pay and personnel model will better serve our fleet.
74281347822_10154201885627823	https://www.facebook.com/USNavy/posts/10154201885627823 :0	Whether on duty, in uniform or at home, our online behavior must reflect the highest standards of character and conduct. Don't let Jeff down because anything that is unacceptable to say or do in person is also unacceptable online. Honor, Courage, Commitment – online, all the time. #NavyCyber

<p>74281347822_10154201314892823</p>	<p>https://www.facebook.com/USNavy/posts/10154201314892823</p>	<p>Suicide prevention is not about the numbers; every life lost to suicide is one too many. Find out how the now fleet-wide SAIL program will provide rapid assistance, on-going risk assessment and support for our #USNavy Sailors who have exhibited suicide-related behavior.</p>
<p>74281347822_10154200819977823</p>	<p>https://www.facebook.com/USNavy/posts/10154200819977823:0</p>	<p>On this Trivia Tuesday: 73 years ago this month, we commissioned our first African-American officers. Q: What did the 12 #USNavy commissioned officers seen here and a warrant officer who received his rank at the same time become known as? A: http://go.usa.gov/x9FQr Today, integrating service members and civilians from diverse backgrounds into our force continues to allow the #USNavy to recruit and retain the nation's top talent from a wider pool of skilled personnel.</p>
<p>74281347822_10154198598992823</p>	<p>https://www.facebook.com/USNavy/videos/10154198598992823/</p>	<p>Watch in slow motion as USS John Paul Jones (DDG 53) participated in a successful flight test Friday – the first intercept of a ballistic missile target using the Standard Missile-3 (SM-3) The SM-3 Block IIA is being developed cooperatively by the United States and Japan to defeat medium- and intermediate-range ballistic missiles.</p>

74281347822_10154198021587823	https://www.facebook.com/USNavy/videos/10154198021587823/	On this Rundown: Help for eligible Sailors to decide whether the new Blended Retirement System is right for them, we're expanding on existing efforts to prevent destructive behaviors across the fleet, and more. Watch for details now.
74281347822_10154196109942823	https://www.facebook.com/USNavy/posts/10154196109942823	The arrival of #USNavy E-2D Advanced Hawkeyes in Japan has brought enhanced capabilities to the region. Get to know the E-2D Advanced Hawkeye's improvements here.
74281347822_10154188164762823	https://www.facebook.com/USNavy/posts/10154188164762823:0	Join us in congratulating the 14 top #USNavy recruiters of 2016. These Sailors visited the Pentagon and met with Chief of Naval Operations Adm. John Richardson and other senior Navy leadership last week. BZ shipmates!
74281347822_10154196101832823	https://www.facebook.com/USNavy/posts/10154196101832823	Multinational training like Exercise Cutlass Express 2017 helps our #USNavy build and improve on international partnerships while improving our warfighting capability to make us a stronger fighting force. Here's how.
74281347822_10154193658127823	https://www.facebook.com/USNavy/posts/10154193658127823	When you think of #USNavy toughness, you should think of Brandon Myers and how becoming a SEAL prepared him for the fight of his life. This is his story...

74281347822_10154191279787823	https://www.facebook.com/USNavy/videos/10154191279787823/	African American History Month provides the #USNavy with an opportunity to recognize the contributions of African American Sailors and personnel – both past and present. Turn on your sound and listen as retired Fleet Master Chief April Beldo reflects on her time as a Sailor.
74281347822_10154192936862823	https://www.facebook.com/USNavy/posts/10154192936862823	Listen as Chief of Naval Operations Adm. John Richardson discusses the four core attributes - Integrity, Accountability, Initiative, and Toughness - outlined in "A Design for Maintaining Maritime Superiority", and their role in today's #USNavy and leader development.
74281347822_10154192851827823	https://www.facebook.com/USNavy/videos/10154192851827823/	Watch to experience USS Enterprise (CVN 65)'s decommissioning ceremony. Friday marked the first decommissioning of a nuclear-powered aircraft carrier. Thanks "Big E" for your more than half a century of service!
74281347822_10154192149562823	https://www.facebook.com/USNavy/posts/10154192149562823	How well do you know #USNavy USS Enterprise (CVN 65)'s history? Test your knowledge of our first nuclear-powered aircraft carrier with Naval History & Heritage Command here, and check back for video of today's decommissioning ceremony.

74281347822_10154191596217823	https://www.facebook.com/USNavy/posts/10154191596217823	<p>Today we said fair winds and following seas to CVN-65 during its decommissioning ceremony. Take a look back at the making of USS Enterprise (CVN 65)'s legacy with Naval History & Heritage Command, and check back later to watch the ceremony.</p>
74281347822_10154190648037823	https://www.facebook.com/USNavy/videos/10154190648037823/	<p>As you get ready to start your weekend, watch as our newest Sailors graduate boot camp and get ready to start their #USNavy careers.</p>
74281347822_1015418902652823	https://www.facebook.com/USNavy/posts/1015418902652823	<p>#HonorTheFallen: #USNavy SEAL William "Ryan" Owens, who was killed in action in the Arabian Peninsula of Yemen, has been posthumously advanced to senior chief petty officer.</p>
74281347822_10154188161847823	https://www.facebook.com/USNavy/posts/10154188161847823	<p>The #USNavy must adapt in both quantity and quality addressing more complex rapidly evolving challenges. To help improve management of ship manning and personnel inventory for both the surface and submarine ratings, the Navy has established four new ratings for active duty Sailors. Find out what they are here.</p>

<p>74281347822_10154183362322823</p>	<p>https://www.facebook.com/USNavy/posts/10154183362322823:0</p>	<p>USS Nimitz (CVN 68) transits Sinclair Inlet after getting underway from Puget Sound Naval Shipyard on Tuesday. Nimitz is conducting the Navy's Board of Inspection and Survey (INSURV), which is a periodic inspection to ensure the ship meets Navy standards to be ready to face a complex and quickly changing world.</p>
<p>74281347822_10154184156857823</p>	<p>https://www.facebook.com/USNavy/posts/10154184156857823</p>	<p>The decision to stay in the U.S. Department of Defense (DoD)'s current retirement system or opt-in to the Blended Retirement System is an important and irrevocable decision that eligible #USNavy Sailors must make based on their own individual circumstances. And help is available for Sailors to make that decision.</p>
<p>74281347822_10154184148427823</p>	<p>https://www.facebook.com/USNavy/posts/10154184148427823</p>	<p>A diverse workforce allows the #USNavy to operate successfully around the globe by bringing together Sailors and civilians with different ideas, experiences, perspectives, capabilities and skill sets. This month, we join our nation in recognizing the contributions of African American Sailors and personnel both past and present.</p>

74281347822_10154183117412823	https://www.facebook.com/USNavy/posts/10154183117412823	Tuesday Trivia: The nuclear powered aircraft carrier has been, and will remain, the centerpiece of naval power projection at and from the sea. Tell us what year the #USNavy's first nuclear powered aircraft carrier USS Enterprise (CVN 65) was commissioned. Naval History & Heritage Command shares the answer and the legacy of ships named Enterprise.
74281347822_10154183119972823	https://www.facebook.com/USNavy/posts/10154183119972823	Our nation faces a complex and quickly changing world, including at sea. That's why training like this visit, board, search, and seizure drill aboard USS WAYNE E. MEYER (DDG 108) is critical so our #USNavy Sailors are ready to provide on-call, scalable options to address these challenges.
74281347822_10154180709522823	https://www.facebook.com/USNavy/posts/10154180709522823	New Full Speed Ahead training continues the positive work we've done combating destructive behaviors while reinforcing #USNavy core attributes. Find out what's new and what's difference compared to Chart the Course and Bystander Intervention training that was conducted the past two years.
74281347822_10154181080477823	https://www.facebook.com/USNavy/posts/10154181080477823	Honor the Fallen. Chief Special Warfare Operator William "Ryan" Owens was killed in action in Yemen Jan. 28. Chief Owens was assigned to an East Coast-based Special Warfare unit. We have the watch, Shipmate.

74281347822_10154180036192823	https://www.facebook.com/USNavy/videos/10154180036192823/	This week on the Rundown: Chief of Naval Operations Adm. John Richardson looks to help develop leaders, a new resource for financial literacy, one Sailor's experience in the career intermission program, and more. Watch for more details.
74281347822_10154173766837823	https://www.facebook.com/USNavy/posts/10154173766837823	In order for our Seabees to build and to fight, they've got to be ready! Sailors assigned to NMCB FOUR got the chance to experience a different side of the #USNavy aboard USS SAN DIEGO (LPD 22)
74281347822_10154178070112823	https://www.facebook.com/USNavy/posts/10154178070112823	"He was from a generation of people who were amazingly tough." That's how Ken Hartle's daughter, Karen Dahl, described her father who was the #USNavy's oldest surviving Pearl Harbor salvage diver. On Tuesday, he died at the age of 103. We have the watch shipmate.
74281347822_10154173789567823	https://www.facebook.com/USNavy/posts/10154173789567823	If you could serve on any #USNavy surface ship, which one would it be? 244 midshipmen at the United States Naval Academy got that opportunity during #ShipSelection Night on Thursday.

74281347822_10154173544382823	https://www.facebook.com/USNavy/videos/10154173544382823/	Advancing directed energy supports the #USNavy's effort to strengthen naval power at and from the sea. Watch to come along as Chief of Naval Operations Adm. John Richardson reviewed directed energy systems and weapons being developed and tested U.S. Army White Sands Missile Range.
74281347822_10154173349207823	https://www.facebook.com/USNavy/posts/10154173349207823:0	If you're experiencing any technical difficulties, you can switch over to our Facebook page at Facebook.com/USNavy.
74281347822_10154173045132823	https://www.facebook.com/USNavy/videos/10154173045132823/	Before you get your weekend underway, watch as our newest Sailors get their #USNavy careers underway during their boot camp graduation today at 9:45 a.m. ET.
74281347822_10154171870277823	https://www.facebook.com/USNavy/posts/10154171870277823	A NAVADMIN released today updates several previously announced uniform policy changes. Get the details here.
74281347822_10154171039387823	https://www.facebook.com/USNavy/posts/10154171039387823	On this Throwback Thursday, we're going back to this day in 1913, the body of #USNavy legend John Paul Jones is laid in its final resting place at the United States Naval Academy.
74281347822_10154170814267823	https://www.facebook.com/USNavy/posts/10154170814267823:0	Today on #NationalSpousesDay, we honor our #USNavy spouses that embody ideals we cherish: strength, loyalty, and commitment. They stand beside those who stand behind our flag, giving their all and making tremendous sacrifices.

74281347822_10154169761712823	https://www.facebook.com/USNavy/posts/10154169761712823	Just like the weapons systems we use, our personnel system needs updates to keep pace with a rapidly changing world. Find out how our #Sailor2025 program is working to more effectively recruit, train and manage the force of tomorrow while improving #USNavy warfighting readiness.
74281347822_10154168060627823	https://www.facebook.com/USNavy/videos/10154168060627823/	In case you missed it: Chief of Naval Operations Adm. John Richardson released the Navy Leader Development Framework that outlines how the #USNavy will develop leaders to demonstrate both operational excellence and strong character.
74281347822_10154168138397823	https://www.facebook.com/USNavy/posts/10154168138397823	A new application for mobile devices designed to enhance financial literacy for #USNavy Sailors is available to help provide the latest info on the Blended Retirement System that goes into effect in 2018.
74281347822_10154168003472823	https://www.facebook.com/USNavy/videos/10154168003472823/	Chief of Naval Operations Adm. John Richardson released the Navy Leader Development Framework today. This document outlines how the #USNavy will develop leaders to demonstrate both operational excellence and strong character. Check out this #31for31 for more information.

74281347822_10154165231552823	https://www.facebook.com/USNavy/posts/10154165231552823	A team of #USNavy scientists and engineers at Naval Surface Warfare Center, Panama City Division (NSWC PCD) have successfully recreated a natural material used for marine wildlife defense to assist military personnel.
74281347822_10154164922082823	https://www.facebook.com/USNavy/posts/10154164922082823	For those Sailors looking for an opportunity to take a sabbatical from the #USNavy, the Career Intermission Program might be for you.
74281347822_10154164408452823	https://www.facebook.com/USNavy/posts/10154164408452823:0	Caption this! If you want to know what's really happening, visit http://bitly.com/2jNs9d9
74281347822_10154160862047823	https://www.facebook.com/USNavy/posts/10154160862047823	BZ to the Sailors aboard USS MAKIN ISLAND (LHD 8) for proving why the #USNavy is 100 percent on watch around the globe.
74281347822_10154160510267823	https://www.facebook.com/USNavy/posts/10154160510267823	Navy Cargo Handling Battalion ONE (NCHB-1) Sailors returned to McMurdo Station, Antarctica, in support of the National Science Foundation (NSF) annual resupply mission in support of Operation Deep Freeze.
74281347822_10154159928112823	https://www.facebook.com/USNavy/videos/10154159928112823/	This week on the Rundown: we say farewell to a fleet master chief, the Naval War College has more ways #USNavy Sailors can earn a college degree, and the latest from the Every Sailor Every Day campaign. Watch for more details

<p>74281347822_1015415678 9287823</p>	<p>https://www.facebook.com/USNavy/posts/10154156789287823</p>	<p>In case you missed it: Secretary of Defense James Mattis became our 26th #SecDef on Friday. The next day, he got right to work, meeting with our deputy SecDef, chairman of the Joint Chiefs of Staff, and vice chairman of the Joint Chiefs of Staff at the Pentagon.</p>
<p>74281347822_1015415524 5207823</p>	<p>https://www.facebook.com/USNavy/posts/10154155245207823:0</p>	<p>Fair winds and following seas to our shipmates aboard USS George H.W. Bush (CVN 77) which got underway today for its regularly-scheduled deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet. Do you have any words of encouragement for your #USNavy Sailors?</p>
<p>74281347822_1015415424 8872823</p>	<p>https://www.facebook.com/USNavy/posts/10154154248872823:0</p>	<p>Did you recognize a familiar #USNavy voice during Friday's inauguration? BZ to United States Navy Band's Chief Musician Courtney Williams who served as public address announcer!</p>

74281347822_10154153567907823	https://www.facebook.com/USNavy/posts/10154153567907823	Follow along as the #USNavy USS George H.W. Bush (CVN 77), seen here in a file photo, and the carrier strike group gets underway today for its regularly-scheduled deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet. 📺 Story: http://bitly.com/2jD6dUm 📺 Video: http://bitly.com/2j71idv
74281347822_10154152173457823	https://www.facebook.com/USNavy/posts/10154152173457823	MATTIS SENDS: "... I am confident you will do your part. I pledge to you I'll do my best as your Secretary." Read the rest of #SecDef James Mattis' message to the U.S. Department of Defense (DoD) here.
74281347822_10154152047832823	https://www.facebook.com/USNavy/posts/10154152047832823:0	It's official! Meet your U.S. Department of Defense (DoD) #SecDef, Gen. (Ret.) James Mattis who was sworn in just moments ago by Vice President Mike Pence. Welcome back aboard, Sir!
74281347822_10154148727297823	https://www.facebook.com/USNavy/posts/10154148727297823	More than 5,000 #USNavy Sailors, Marines and Coast Guardsmen will participate in the 29th Fleet Week New York, May 24-30. Will YOU be there? Tell us YOUR favorite Fleet Week moments from years past!
74281347822_10154151105652823	https://www.facebook.com/USNavy/posts/10154151105652823	The Honorable Sean J. Stackley assumed the responsibilities of acting Secretary of the Navy Jan. 20 at noon.

74281347822_10154148937037823	https://www.facebook.com/USNavy/posts/10154148937037823	6,000 Sailors attached to the USS George H.W. Bush (CVN 77) Carrier Strike Group will depart Norfolk and Mayport, Fla., for a regularly-scheduled deployment.
74281347822_10154149242682823	https://www.facebook.com/USNavy/posts/10154149242682823	The Improved Flame Resistant Variant coverall is now an approved fleet organizational clothing item. Details on what that means for Sailors and when they'll start to see them here.
74281347822_10154148235237823	https://www.facebook.com/USNavy/posts/10154148235237823	Fair winds and following seas, shipmate! Fleet Master Chief April Beldo, one of the #USNavy's most accomplished master chiefs, retires after 34 years of faithful service.
74281347822_10154146701897823	https://www.facebook.com/USNavy/posts/10154146701897823	Secretary of the Navy Ray Mabus is the 75th U.S. Secretary of the Navy, the longest to serve as leader of the #USNavy and U.S. Marine Corps since World War I. Read SECNAV Mabus' remarks from his farewell tribute ceremony.
74281347822_10154146126137823	https://www.facebook.com/USNavy/posts/10154146126137823	No matter where you are, find out how the College of Distance Education at Naval War College is providing superlative education to students around the globe, helping develop leaders and encourage excellence the world over.

74281347822_10154145880452823	https://www.facebook.com/USNavy/posts/10154145880452823	This is your fleet and these are your #USNavy Sailors! These fine men and women are leading from the deck plates and completing missions around the globe. #GoNavy http://bitly.com/2jwtoWS
74281347822_10154144624397823	https://www.facebook.com/USNavy/posts/10154144624397823	USS Bataan (LHD 5) conducts a live-fire exercise with the ship's RIM 116 Rolling Airframe Missile weapon system in the Atlantic Ocean, Jan. 11, in preparation for its upcoming deployment.
74281347822_10154143737697823	https://www.facebook.com/USNavy/posts/10154143737697823	First-term #USNavy Sailors on sea duty can now elect to extend their expiration of active obligated service to complete their sea duty assignment. All Hands Magazine explains the five things you need to know.
74281347822_10154143402962823	https://www.facebook.com/USNavy/videos/10154143402962823/	This week on the Rundown: A new way to chat with Navy Detailers, Chief of Naval Personnel - N1 visits U.S. Pacific Fleet Sailor, and more. Watch for all of the details.
74281347822_10154142056382823	https://www.facebook.com/USNavy/posts/10154142056382823	Fair winds and following seas, shipmate! Retired #USNavy Captain Eugene Cernan - the last man on the moon and a naval aviator - died today, NASA - National Aeronautics and Space Administration announced today. We have the watch, shipmate.

74281347822_10154136251207823	https://www.facebook.com/USNavy/posts/10154136251207823:0	Today we celebrate the late Dr. Martin Luther King, Jr.'s legacy. Dr. King devoted his life to service, organizing rallies and events during the American civil rights movement, a movement influential in #USNavy policy changes, leading to the diverse Fleet we have today. What does Dr. King's legacy mean to you?
74281347822_10154136184857823	https://www.facebook.com/USNavy/posts/10154136184857823	"Today we honor some of our nation's finest heroes, not just for their individual acts of courage and bravery in the face of danger, but for the everyday selflessness that they and their peers demonstrate." - Secretary of the Navy Ray Mabus
74281347822_10154133757737823	https://www.facebook.com/USNavy/posts/10154133757737823	On this day in 1967, the #USNavy established The office of the Senior Enlisted Advisor to the Chief of Naval Personnel. Master Chief Gunner's Mate Delbert D. Black was appointed to the position. In March of that same year, the position was renamed to Master Chief Petty Officer of the Navy (MCPON). Learn more about MCPON Black and the office of the MCPON at Naval History & Heritage Command #MCPON50
74281347822_10154133603312823	https://www.facebook.com/USNavy/posts/10154133603312823	"I am here to paint the big picture of Sailor 2025. My main job is to make sure that the fleet is fully manned." - Vice Adm. Robert Burke Chief of Naval Personnel - N1

<p>74281347822_10154132804942823</p>	<p>https://www.facebook.com/USNavy/videos/10154132804942823/</p>	<p>Before the Surface Navy Association's National Symposium wrapped up Thursday, we talked to our top SWO about how #USNavy distributed lethality increases our reach and ability to control the sea. Turn on your sound to hear Vice. Adm. Tom Rowden's answers.</p>
<p>74281347822_10154130708017823</p>	<p>https://www.facebook.com/USNavy/posts/10154130708017823</p>	<p>"We've got to keep one eye on today and be ready to fight tonight. When we deploy, we have to ensure those ships are ready for what's on the horizon, but also keep an eye on the future." - Secretary of the Navy Ray Mabus at the Surface Navy Association Symposium on Wednesday.</p>
<p>74281347822_10154127208502823</p>	<p>https://www.facebook.com/USNavy/videos/10154127208502823/</p>	<p>WATCH LIVE: What's ahead for the Surface Navy? #USNavy Rear Adm. Ron Boxall is at the Surface Navy Association's 29th annual National Symposium with a look ahead. ♦ The symposium highlights the doctrine of distributed lethality as a valuable warfare strategy that enhances naval power at and from the sea.</p>

74281347822_10154126850157823	https://www.facebook.com/USNavy/posts/10154126850157823	The Surface Navy Association's 29th annual National Symposium highlights the doctrine of distributed lethality as a valuable warfare strategy that enhances #USNavy power at and from the sea. As Wednesday's sessions get underway, catch-up on discussions sessions about "Distributed Lethality: Enabling #SeaControl.
74281347822_10154125617572823	https://www.facebook.com/USNavy/posts/10154125617572823	#USNavy toughness could be defined by United States Naval Academy Midshipman Jonathan Dennler's heroism following a deadly storm on a camping trip. After you read his story, you'll want to give him a BZ in the comments below!
74281347822_10154125440442823	https://www.facebook.com/USNavy/videos/10154125440442823/	#SeaControl is critical to ensuring global stability, national security and the safety of international sea lanes. Turn on your sound to learn how #USNavy distributed lethality increases our reach and ability to control the sea.
74281347822_10154125076492823	https://www.facebook.com/USNavy/posts/10154125076492823	LIVE NOW: Our top SWO explains how #USNavy Distributed Lethality returns us to #SeaControl in a complex and quickly changing world.

74281347822_10154124665012823	https://www.facebook.com/USNavy/posts/10154124665012823	On this day in 2009, the #USNavy commissioned the 10th and final nuclear-powered Nimitz-class carrier, USS George H.W. Bush (CVN 77) in front of thousands attending a pierside ceremony at Naval Station Norfolk.
74281347822_10154123587872823	https://www.facebook.com/USNavy/videos/10154123587872823/	A centuries-old tradition dating back to the inauguration of President George Washington continues with the help of the US Navy Ceremonial Guard. Take a look from the 58th Presidential Inauguration - Joint Task Force National Capital Region here.
74281347822_10154123275827823	https://www.facebook.com/USNavy/posts/10154123275827823	As a maritime nation, we rely on open oceans for prosperity and security. Our top SWO explains how #USNavy Distributed Lethality returns us to #SeaControl in a complex and quickly changing world.
74281347822_10154122713432823	https://www.facebook.com/USNavy/posts/10154122713432823	MEDITERRANEAN SEA (Dec. 28, 2016) The guided missile destroyer USS Porter (DDG 78) fires a five-inch gun during a live-fire exercise. Porter, forward-deployed to Rota, Spain, is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe. (U.S. Navy photo by Mass Communication Specialist Seaman Ford Williams/Released)

74281347822_10154122388582823	https://www.facebook.com/USNavy/videos/10154122388582823/	This week on the Rundown: we're highlighting resources to help you with your PCS move, a program that gives you the chance to take a break from #USNavy, and how you can better manage your money in 2017. Watch for more details.
74281347822_10154121134852823	https://www.facebook.com/USNavy/videos/10154121134852823/	The United States faces a complex and quickly changing world, which is reflected at sea. Watch for a preview of how distributed lethality will return our #USNavy Surface Warriors to sea control. Stay tuned throughout the week.
74281347822_10154120146352823	https://www.facebook.com/USNavy/posts/10154120146352823	USS Dwight D. Eisenhower (CVN 69) Carrier Strike Group's on time return was more than a good thing for its Sailors and their families. See why its deployment is an example of rotating our #USNavy force and surging it if necessary.
74281347822_10154118638392823	https://www.facebook.com/USNavy/posts/10154118638392823:0	Sweepers, sweepers, man your brooms – rather your shovels! #USNavy USS George Washington (CVN 73), seen here Saturday in Norfolk, saw wintry weather today as part of the region's first winter storm of 2017. The ship is preparing to move to Newport News, Virginia, for its refueling complex (RCOH) maintenance.

<p>74281347822_1015411774 9347823</p>	<p>https://www.facebook.com/USNavy/posts/10154117749347823:0</p>	<p>Honoring the Fallen. Fulfilling our Nation's Promise. A U.S. flag is presented to the niece of #USNavy Water Tender First Class Walter Henry Sollie on Friday. Her uncle was killed in the Pearl Harbor attack aboard USS Oklahoma (BB 37). Recently, the Defense POW / MIA Accounting Agency identified his remains through a DNA match. Yesterday, his funeral was held in Pensacola. We have the watch shipmate.</p>
<p>74281347822_1015411630 4882823</p>	<p>https://www.facebook.com/USNavy/posts/10154116304882823</p>	<p>A #USNavy E-2C Hawkeye prepares to launch from USS Carl Vinson (CVN 70) in the Pacific Ocean, January 5. The Carl Vinson Carrier Strike Group will report to U.S. 3rd Fleet, headquartered in San Diego, while deployed to the Western Pacific as part of the U.S. Pacific Fleet-led initiative to extend the command and control functions of 3rd Fleet into the region.</p>
<p>74281347822_1015411397 2137823</p>	<p>https://www.facebook.com/USNavy/videos/10154113972137823/</p>	<p>Watch live as the Department of the #USNavy says farewell to our 75th Secretary of the Navy Ray Mabus at Marine Barracks Washington 8th & I.</p>

<p>74281347822_10154114188182823</p>	<p>https://www.facebook.com/USNavy/posts/10154114188182823</p>	<p>"Our forward presence contributes to freedom of navigation and lawful use of the sea, as well as furthers operational training and enabling the exchange of culture, skills, and tactical knowledge." - Rear Adm. James W. Kilby Commander, Carrier Strike Group 1</p>
<p>74281347822_10154113568892823</p>	<p>https://www.facebook.com/USNavy/videos/10154113568892823/</p>	<p>On this Throwback Thursday, we're going back to 2016 - a year of integrity, accountability, initiative and toughness in the #USNavy. A lot happened last year. So, watch until the end and tell us your favorite moment in the comments below.</p>
<p>74281347822_10154112890797823</p>	<p>https://www.facebook.com/USNavy/posts/10154112890797823:0</p>	<p>Airman Apprentice Andrew Mackey performs evening colors aboard #USNavy USS Carl Vinson (CVN 70) yesterday. Today, the carrier strike group begins to deploy on a regularly-scheduled deployment to the Western Pacific where it will conduct bilateral exercises in the Indo-Asia-Pacific region.</p>

<p>74281347822_1015411055502823</p>	<p>https://www.facebook.com/USNavy/posts/1015411055502823:0</p>	<p>Practice makes perfect! #USNavy Sailors assigned to Surface Warfare Detachment 2 aboard USS CORONADO (LCS 4) participate in visit, board, search and seizure training Jan. 3 in Changi, Singapore. Coronado is a fast and agile warship tailor-made to patrol Asian Pacific littorals and work hull-to-hull with partner navies, providing U.S. 7th Fleet with the flexible capabilities it needs now and in the future.</p>
<p>74281347822_10154110714797823</p>	<p>https://www.facebook.com/USNavy/posts/10154110714797823</p>	<p>Do you have questions about military moves for a permanent change of station, retirement or separation? Then, you'll want to participate in one of these upcoming live webinars starting next week.</p>
<p>74281347822_10154108187677823</p>	<p>https://www.facebook.com/USNavy/posts/10154108187677823</p>	<p>Make it your mission to start 2017 with optimism. Positive thinking can help keep stress in check and improve your mood. Use this final #USNavy #FITmasTime tip and others that we shared to continue prioritizing your health in the new year.</p>
<p>74281347822_10154108180637823</p>	<p>https://www.facebook.com/USNavy/posts/10154108180637823</p>	<p>Mark your calendars now: Tax returns are due April 18. All Hands Magazine explains why you may not receive your refund as early as in previous years.</p>

74281347822_10154106484062823	https://www.facebook.com/USNavy/videos/10154106484062823/	Watch for all the Monday Motivation you'll need in 2017: A mother being reunited with her USS Nitze DDG 94 Sailor on Friday after the ship's 7-month deployment.
74281347822_10154105954577823	https://www.facebook.com/USNavy/posts/10154105954577823:0	Financial challenges can be a significant source of anxiety. Give yourself a solid financial foundation in 2017 by setting up an emergency fund, making saving a habit and thoughtfully thinking through purchases. Get more #FITmasTime tips at http://bitly.com/2iWSUtW .
74281347822_10154104054792823	https://www.facebook.com/USNavy/videos/10154104054792823/	To our entire #OneNavyTeam, thanks for everything you did last year. Our work continues in 2017 to strengthen naval power at and from the sea, achieve high-velocity learning at every level, strengthen our #USNavy team for the future, and expand and strengthen our network of partners.
74281347822_10154103818832823	https://www.facebook.com/USNavy/videos/10154103818832823/	USS Dwight D. Eisenhower (CVN 69) Sailors are spending their first holiday with their families in seven months after Ike's deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet. Take another look at Friday's homecoming here.

74281347822_10154103354367823	https://www.facebook.com/USNavy/posts/10154103354367823:0	Start 2017 strong by resolving to focus on your physical fitness. Engaging in regular physical activity is one of the most vital things that #USNavy Sailors of all ages can do to improve their health - both psychological and physical. Get more #FITmasTime tips at http://j.mp/2iV1y0k
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Video			1/25/17 3:12 PM	
Link			1/25/17 9:15 AM	
Video			1/25/17 6:30 AM	

Link			1/24/17 3:24 PM	
Link			1/24/17 9:39 AM	
Photo			1/24/17 7:02 AM	
Link			1/23/17 3:49 PM	
Link			1/23/17 9:39 AM	
Video			1/23/17 6:33 AM	

Link			1/22/17 6:54 AM	
Photo			1/21/17 5:26 PM	
Photo			1/21/17 10:19 AM	

Link			1/21/17 5:31 AM	
Link			1/20/17 6:54 PM	
Photo			1/20/17 4:57 PM	
Link			1/20/17 3:17 PM	
Link			1/20/17 9:53 AM	

Link			1/19/17 6:10 PM	
Link			1/19/17 3:11 PM	
Link			1/19/17 9:12 AM	
Link			1/18/17 3:12 PM	
Link			1/18/17 9:22 AM	

Link			1/18/17 6:33 AM	
Photo			1/17/17 4:27 PM	
Link			1/17/17 9:12 AM	
Video			1/17/17 6:33 AM	
Link			1/16/17 4:11 PM	

Photo			1/16/17 9:06 AM	
Link			1/14/17 9:12 AM	
Link			1/13/17 3:12 PM	
Link			1/13/17 9:12 AM	

Video			1/13/17 5:37 AM	
Link			1/12/17 6:25 AM	
Video			1/11/17 9:08 AM	

Link			1/11/17 6:43 AM	
Link			1/10/17 6:11 PM	
Video			1/10/17 2:52 PM	
Link			1/10/17 10:07 AM	

Photo			1/10/17 7:13 AM	
Video			1/9/17 6:08 PM	
Link			1/9/17 3:23 PM	
Photo			1/9/17 9:42 AM	

Video			1/9/17 7:03 AM	
Video			1/8/17 4:33 PM	
Link			1/8/17 7:21 AM	
Photo			1/7/17 2:20 PM	

Photo			1/7/17 7:17 AM	
Photo			1/6/17 2:32 PM	
Video			1/6/17 7:05 AM	

Link			1/5/17 6:13 PM	
Video			1/5/17 11:13 AM	
Photo			1/5/17 6:17 AM	

Photo			1/4/17 9:28 AM	
Link			1/4/17 6:37 AM	
Link			1/3/17 10:05 AM	
Link			1/3/17 6:49 AM	

Video			1/2/17 3:14 PM	
Photo			1/2/17 7:57 AM	
Video			1/1/17 3:13 PM	
Video			1/1/17 11:14 AM	

Photo			1/1/17 7:10 AM	
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Lifetime Post Total Reach	Lifetime Post organic reach	Lifetime Post Paid Reach
Lifetime: The number of people who had your Page's post enter their screen. Posts include statuses, photos, links, videos and more. (Unique Users)	Lifetime: The number of people who had your Page's post enter their screen through unpaid distribution. (Unique Users)	Lifetime: The number of people who had your Page's post enter their screen through paid distribution such as an ad. (Unique Users)
13	0	0
152998	149733	0
322624	280614	0
870397	583673	0

1501619	572973	0
797882	405438	0
157656	147227	0
226664	204741	0
144483	140996	0

378035	370150	0
326016	271947	0
429513	320612	0
79749	78182	0

386546	318661	0
2294859	637294	0
88778	87694	0
294282	270617	0
248838	224313	0

238224	221795	0
192207	183051	0
202534	196010	0
193561	178513	0
575366	441454	0
1752195	915901	0

314393	253981	0
184901	173032	0
266962	233931	0
130431	126139	0

425645	361990	0
1143591	867932	0
242965	223149	0
1630257	836377	0

449679	334692	0
611295	446273	0
128425	126636	0
289085	257020	0

368994	317117	0
257508	233782	0
332102	231114	0
0	0	0
693267	474082	0

504403	414624	0
149897	145659	0
0	0	0
368087	300313	0

317898	257334	0
224083	205932	0
353843	297538	0
137990	131375	0

575534	423434	0
619160	467201	0
265663	243992	0
185888	171242	0

291491	229759	0
373217	301197	0
580714	435886	0
119176	117070	0
39451	0	0

1139893	712317	0
310203	301351	0
1135860	714452	0
820680	565616	0
635798	504979	0

574184	464606	0
169929	164853	0
1205068	714545	0
2331851	693432	0

1194030	647732	0
345829	293480	0
407896	352754	0
230694	201743	0

132410	125802	0
340733	293652	0
160259	154661	0

10816	0	0
101031	99906	0
313090	264133	0

126789	124202	0
892583	476886	0
417622	333310	0
121171	109871	0
924936	427931	0

249832	223894	0
176984	162741	0
159501	157111	0
281039	243076	0

250514	245255	0
356362	277090	0
298176	258480	0
419641	391410	0

150727	146439	0
373593	357790	0
456929	357378	0
201850	193884	0
166369	158463	0
429002	378494	0

259387	252894	0
387576	333486	0
592033	447864	0

370340	305279	0
0	0	0
321682	282529	0
210276	194600	0

318764	291191	0
224970	200630	0
679562	476488	0
410631	361187	0

212787	201238	0
194066	145337	0
462491	372327	0
105381	103437	0

277129	262786	0
337450	307402	0
579839	467271	0
947243	575280	0
349491	313956	0

102957	101280	0
725761	475663	0
310719	270072	0
148292	144097	0
256763	247015	0

160247	152709	0
765170	495177	0
664536	428866	0
487217	428338	0

120390	117841	0
611743	479322	0
352052	325225	0
511541	431997	0
402770	351315	0

274693	248808	0
121654	119733	0
512780	407880	0
386058	288849	0

442758	359699	0
211385	202355	0
938051	680999	0
104177	102681	0
310988	291327	0
661494	470569	0

1118192	618709	0
440137	389544	0
134959	129003	0
453058	340389	0
401752	345671	0
1083024	743012	0

836923	502688	0
369397	348436	0
344952	297148	0
437242	358209	0
914127	619053	0

264130	243856	0
300446	242740	0
654791	572113	0
418700	372476	0
401084	362480	0

694777	539462	0
361446	332576	0
139115	136141	0
480797	382182	0
452499	374080	0

268972	249300	0
584509	468212	0
420808	352979	0
311085	300534	0

505089	420654	0
814834	632019	0
216928	208285	0
392567	342054	0
357745	315612	0

260432	249938	0
280478	250335	0
198149	189812	0
122377	118329	0

311633	285078	0
740317	541046	0
478111	429829	0
576953	500003	0
685299	571831	0

387949	344929	0
136796	128651	0
112064	110017	0
225576	216412	0

286561	262479	0
547651	438101	0
534614	457298	0
404520	372896	0

607204	514132	0
262641	245241	0
1019507	675367	0

639993	494611	0
571872	412328	0
602900	428965	0

318512	294454	0
183342	179082	0
796074	595991	0
443014	408356	0

318799	302351	0
468963	404028	0
380268	347544	0
304613	290056	0

316623	280407	0
2164336	1283854	0
371967	318521	0
598393	520032	0
594032	503620	0

1279528	770336	0
298954	256418	0
284751	270605	0
405029	342580	0

438615	347192	0
435966	330320	0
540488	439856	0

109015	103972	0
606670	499295	0
408511	365074	0
217776	208100	0
713507	589962	0

341960	308905	0
234198	223962	0
925971	641696	0
327055	307572	0

1184434	728944	0
3112571	1080055	0
1514216	751773	0
632076	539388	0

416717	371225	0
305983	285013	0
413311	348011	0

509246	446944	0
202970	188849	0
278592	253498	0
3115516	939650	0

126972	121736	0
335916	306919	0
1351583	744891	0
1004706	728155	0

445352	432575	0
0	0	0
3337686	986659	0
1247443	896874	0
541761	471784	0
875758	523168	0

514271	462135	0
158760	156367	0
270352	247137	0
250115	244075	0

333642	304162	0
473566	418769	0
777096	544318	0
533302	439719	0
477601	405396	0
178340	174843	0

663849	548224	0
623232	511756	0
312345	283368	0

336747	205466	0
1804260	695170	0
4121676	837589	0
540561	457739	0
682001	541014	0

1059274	731633	0
591814	497581	0
1372556	790039	0
382163	339774	0
304643	286694	0

353118	322787	0
440498	387504	0
367551	340103	0
162180	160163	0
1597009	797606	0

363104	336746	0
342829	241826	0
374058	343296	0
378677	355887	0

338962	318437	0
165432	159326	0
352078	325094	0

154487	147165	0
935483	546565	0
643246	522323	0
144493	137722	0

414303	354913	0
1264529	832860	0
251851	229781	0
208260	191952	0

164799	154370	0
968130	624469	0
396475	303050	0
338603	287007	0

261090	232041	0
307522	248107	0
783663	366830	0

527784	365344	0
195172	163966	0
272648	224742	0

206897	183832	0
141410	132584	0
245952	210523	0
219087	198344	0

551734	414134	0
117759	110580	0
565849	440767	0
492696	370712	0

140126	136734	0
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Lifetime Post Total Impressions	Lifetime Post Organic Impressions	Lifetime Post Paid Impressions
Lifetime: The number of times your Page's post entered a person's screen. Posts include statuses, photos, links, videos and more. (Total Count)	Lifetime: The number of times your Page's posts entered a person's screen through unpaid distribution. (Total Count)	Lifetime: The number of times your Page's post entered a person's screen through paid distribution such as an ad. (Total Count)
21	0	0
223620	218210	0
506587	442250	0
1438998	987695	0

2491524	974017	0
1285612	647491	0
235873	219504	0
335148	308724	0
225359	220635	0

585227	577118	0
503040	423164	0
639346	496512	0
124786	121584	0

629666	532418	0
3672128	1074057	0
133966	131555	0
469471	427044	0
381193	348832	0

362507	340198	0
291745	277781	0
322344	308391	0
291009	272241	0
946197	768241	0
2957711	1490630	0

490153	387701	0
279300	267054	0
417995	354020	0
189531	180743	0

700420	605471	0
1661789	1267433	0
376857	344625	0
2661675	1420872	0

706310	532311	0
971289	719049	0
191843	187051	0
451993	393424	0

576150	506962	0
391709	360814	0
518193	371209	0
0	0	0
1106591	789343	0

815455	671780	0
229828	223325	0
0	0	0
598118	495468	0

471480	389665	0
349719	322110	0
569219	484253	0
210700	197102	0

942757	717566	0
1053636	809181	0
398616	372820	0
276649	251769	0

437794	349462	0
558432	462304	0
941570	707850	0
175530	173244	0
50944	0	0

1855248	1186637	0
475502	462770	0
1825744	1174855	0
1349415	919234	0
1010335	811569	0

902194	752779	0
249895	243798	0
2041577	1268467	0
3772295	1099466	0

1929579	1088315	0
544197	473945	0
652732	569988	0
354858	311437	0

197975	184982	0
560509	478948	0
240642	230847	0

13945	0	0
148195	146796	0
483572	418743	0

190788	185064	0
1357476	800985	0
709897	558748	0
179076	166420	0
1507156	750376	0

404330	362298	0
275414	255001	0
247274	244667	0
451680	395502	0

409644	400857	0
562678	448718	0
496146	430739	0
664190	629962	0

219561	213814	0
561383	538117	0
741856	591322	0
307368	295652	0
256892	243265	0
679431	599162	0

402902	390206	0
618284	522962	0
904890	709016	0

555452	462145	0
0	0	0
463411	416234	0
331085	304417	0

521056	473109	0
333916	294330	0
1106318	785215	0
653245	567301	0

317051	304640	0
270438	190756	0
741237	593591	0
164313	159701	0

404419	381734	0
518649	470984	0
863357	678769	0
1413555	888243	0
516108	472083	0

153689	151615	0
1073749	704978	0
465296	400284	0
221928	215810	0
380073	362661	0

243770	231007	0
1205125	769054	0
1037091	659093	0
798923	689765	0

181398	177689	0
942498	744125	0
534470	498281	0
802896	693240	0
628000	560934	0

418067	379046	0
180637	177283	0
758539	601745	0
572996	426440	0

663980	538592	0
319060	306467	0
1545170	1154904	0
155561	153674	0
464832	438440	0
1009195	744136	0

1851216	989585	0
689761	609414	0
204136	191356	0
688011	519580	0
618967	551719	0
1694615	1265028	0

1276171	789458	0
571854	545675	0
521727	451656	0
677563	575320	0
1429758	1003421	0

392579	366965	0
456013	367324	0
1050569	929168	0
659329	587205	0
624927	559083	0

1075967	858075	0
571941	525139	0
213963	208411	0
715565	590022	0
692628	583690	0

409402	381786	0
907152	746043	0
656352	562095	0
481037	461811	0

787524	663393	0
1398278	1087991	0
326599	311141	0
601502	528275	0
542727	488949	0

393904	374684	0
419724	371320	0
290050	276796	0
179770	172922	0

483040	442072	0
1136756	869946	0
767786	683358	0
909961	792234	0
1056954	909052	0

593622	543337	0
195472	184934	0
175138	171314	0
337402	327844	0

418009	385191	0
866920	702954	0
850184	734371	0
630845	588229	0

965452	818861	0
397412	377798	0
1715432	1095992	0

997601	782292	0
885918	650580	0
985467	704952	0

495580	460889	0
288504	279303	0
1276313	980936	0
718810	661255	0

509175	482064	0
699465	620336	0
585764	544056	0
472036	450532	0

478827	422652	0
3264763	2025861	0
571524	488996	0
955724	842338	0
960824	835783	0

1967615	1299463	0
447927	390191	0
455400	432307	0
613605	506419	0

686220	556644	0
662885	506895	0
819318	654419	0

172145	164598	0
962031	826175	0
645945	584534	0
335603	322676	0
1119371	971756	0

535462	487025	0
368193	347640	0
1494751	1034768	0
515137	480317	0

1861512	1225704	0
4704127	1716015	0
2375073	1349598	0
1022623	882097	0

646278	571188	0
481025	450405	0
669439	556641	0

818432	725178	0
323053	302058	0
449558	410605	0
5046094	1744804	0

198906	190986	0
541408	494083	0
2101512	1273405	0
1656688	1290233	0

725967	711169	0
0	0	0
5120010	1613339	0
2141698	1579180	0
841030	734232	0
1398085	834116	0

780656	707522	0
242147	237970	0
422448	389932	0
387022	379629	0

512384	477246	0
776433	685182	0
1284369	914389	0
819955	698585	0
764159	656356	0
291248	286409	0

1033913	874947	0
958344	794350	0
477328	435435	0

489709	294981	0
2853787	1188682	0
6149255	1390346	0
842738	713068	0
1080699	856314	0

1667950	1188182	0
901742	771689	0
2174504	1349615	0
572095	515396	0
451605	429644	0

553956	508693	0
676839	600215	0
589109	545367	0
272395	268211	0
2511968	1379792	0

548416	515101	0
486457	322197	0
576507	532569	0
614046	577223	0

532918	507237	0
246872	236140	0
528185	491678	0

232684	222769	0
1400820	880280	0
1026444	824194	0
218429	209493	0

610443	536685	0
2095104	1351322	0
385050	353423	0
301139	282076	0

262637	247666	0
1565101	1036293	0
605352	475538	0
504083	427187	0

371995	331954	0
476749	382852	0
1310407	631518	0

786296	565306	0
326109	272410	0
399069	331146	0

312615	278353	0
215575	197754	0
375675	320485	0
340763	307957	0

906970	702901	0
176580	165541	0
960541	770496	0
840980	648553	0

208911	201406	0
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Lifetime Engaged Users	Lifetime Post Consumers	Lifetime Post Consumptions
Lifetime: The number of unique people who engaged in certain ways with your Page post, for example by commenting on, liking, sharing, or clicking upon particular elements of the post. (Unique Users)	Lifetime: The number of people who clicked anywhere in your post. (Unique Users)	Lifetime: The number of clicks anywhere in your post. (Total Count)
0	0	0
2753	2033	2697
14237	8654	11936
41258	28170	43188

141920	113816	165057
45726	21387	31192
5827	3624	5117
8198	5646	8036
2074	1100	1419

8323	6966	8758
17997	9012	12581
21582	10505	16047
1735	1171	1687

12998	6174	8013
149819	74362	107016
1828	1269	1770
8814	5735	6943
7927	4307	5758

3423	3274	3820
1444	1324	1681
4135	2164	3153
4496	1702	2128
30787	24160	31011
95932	71445	104689

12801	7272	9566
4003	1818	2259
7624	5544	8129
3560	2538	3493

15814	9997	14546
57224	44157	66059
4425	4211	5664
87115	66148	103843

11390	9205	11499
22540	13356	16753
2431	1768	2261
7155	3948	5263

5521	4684	5967
3324	3032	3479
8536	7607	9065
0	0	0
30893	13783	16788

17036	13376	18112
2950	1299	1606
0	0	0
14152	7684	9322

26897	18994	26577
5303	3324	4389
11903	6145	7430
3014	1990	2639

25501	12494	15451
22150	20423	24289
7956	3808	4841
2815	1655	2235

16519	7782	12010
16599	8979	12436
42677	29200	42374
2663	2014	2687
16936	3684	9464

57955	43958	58576
6719	4365	5288
47694	29750	39830
37054	17304	22074
24930	10292	13300

12859	11999	16909
1166	1090	1353
65532	46826	65664
280388	243733	358464

70145	37380	48564
7535	5215	6227
15116	9793	12891
8303	3690	4892

1964	990	1243
10836	9390	12317
3601	1514	1875

7955	2623	4579
1758	1076	1283
8167	3471	4401

3054	2172	2848
47761	19405	27182
15375	10187	13663
2634	1789	2284
30447	22911	30017

3996	3672	5183
3630	1648	2071
2980	1828	2330
9214	4785	5846

5424	3624	4740
16878	8680	12725
5595	4980	5880
9024	6299	8092

2623	1251	1572
16207	13484	18451
14767	11168	14358
3612	1905	2697
3887	2867	3893
13591	5443	6774

4764	2768	3340
11889	5158	6335
11013	8737	11111

18184	9784	15382
0	0	0
13775	7701	10169
2354	2135	2646

7028	4127	5580
7485	6175	8626
28735	16588	22001
21803	13822	18775

5673	2535	3252
3289	2366	3063
22804	15570	23015
2761	1787	2545

3032	2871	3429
7917	4848	6209
31532	19350	28030
52993	20807	29186
9364	5149	6682

2395	1400	1863
37479	16936	23761
6302	5958	8323
2904	1351	1624
4469	2689	3289

3714	1505	1869
42890	25324	34622
35122	18086	25005
16243	11878	16921

2454	1679	2242
35985	25544	38747
9005	4299	5372
18415	8617	10436
12969	4785	5884

4003	3618	4752
956	872	1085
25515	12368	17599
16328	8033	11419

19200	10182	16380
4487	2531	3329
55143	36522	44027
2178	1554	2182
7844	4523	6440
19400	9551	12823

42760	26915	38590
14997	6933	9537
2310	1328	1830
19971	7514	9888
8241	7904	10938
54575	36110	53209

42088	21407	28531
10893	7894	11928
16976	7725	10264
17695	7349	9049
39968	16478	21393

3365	3085	3490
8294	3192	4268
20782	14624	20139
7306	6441	7552
12266	6809	8045

20166	9981	12989
8330	6391	8733
3099	2234	3303
18782	9280	12410
20104	8230	11105

7241	2971	3993
16900	7809	10419
15875	7497	9206
5768	3136	4377

17311	7263	8468
39541	31443	40143
7665	4105	5380
16932	8475	12701
8836	3873	5137

5926	2734	3308
4382	4053	5295
6846	3982	5130
2382	1626	2258

6832	4560	5568
25716	12335	14562
11997	8874	12504
18293	8758	11313
26164	18949	23724

10583	4560	5417
2792	1351	1715
1974	1141	1637
7041	4532	6089

11415	5856	7503
16273	12900	18613
18158	9286	11171
10873	6499	8454

21580	13867	19318
6285	3221	4247
52101	37650	57035

23134	13266	18943
20805	9517	12903
26614	14456	19594

10135	4704	5663
3982	2484	3162
49638	38967	56096
10938	8471	11861

8329	4046	5389
18393	10200	13060
15081	9247	12657
6097	3860	5078

13868	5816	7353
91958	64367	93610
19104	8621	12697
18676	12369	18277
24040	14623	17313

49293	21516	26667
12925	6764	8637
7689	4180	5183
16793	13315	19221

12444	5618	7426
17014	12068	16974
27540	21627	32487

2431	1709	2438
21557	9874	12022
23916	15838	21711
5369	1928	2400
19458	13398	17099

9820	6198	9101
6376	2670	3359
50258	35371	54466
5431	4764	6270

33927	27754	36737
156227	115571	171754
72296	35390	46445
35974	30875	39250

16843	9140	12606
6703	4626	5968
13241	6237	9528

19776	11344	14146
9350	4744	6901
8878	4532	5543
162323	108048	135836

2634	1857	2427
10626	4251	5598
41366	17646	22455
55217	45290	60127

7491	5465	6990
0	0	0
201164	155660	234123
83482	71453	87497
21905	14053	20340
43481	19085	25243

14008	8732	10566
3461	2149	2894
6320	3001	3756
4460	2880	4080

8135	3672	4411
16943	11014	14361
51751	43040	68174
16650	7854	9997
15195	6392	8379
3345	2434	3379

21825	11122	14171
23455	13513	18316
11772	7174	9544

12389	6762	9248
109714	83720	112172
329721	218011	286216
18724	8324	10211
28687	19528	23762

45586	25252	33457
20272	12020	15443
64233	36306	46850
6718	6443	9047
6690	3678	4320

5721	5309	6154
20277	9961	13815
9117	7169	9601
3099	2288	3116
60285	28641	35553

10794	7037	9904
12459	7534	9450
9801	5320	6516
10025	5719	7102

11277	8265	11618
3482	1661	2113
10679	7579	11315

3279	1333	1583
34842	25023	33858
31183	26086	41401
1698	1632	1973

16659	9588	12276
61359	49177	69182
4068	3708	4434
7218	4578	6356

3076	2093	2729
41459	33260	50398
14941	7089	8771
14221	9416	12960

10450	6546	7826
15792	8045	11588
46192	38564	58804

21627	11235	14782
5353	3423	4960
12274	6391	7964

8775	5453	6848
2715	1623	1997
7414	3488	4141
6643	5856	6851

22140	13786	18092
3255	2726	3268
15235	6792	8656
18106	9720	13151

4180	3178	4034
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Lifetime Negative feedback	Lifetime Negative Feedback from Users	Lifetime Post Impressions by people who have liked your Page
Lifetime: The number of people who have given negative feedback to your post. (Unique Users)	Lifetime: The number of times people have given negative feedback to your post. (Total Count)	Lifetime: The number of impressions of your Page post to people who have liked your Page. (Total Count)
0	0	0
265	278	216388
183	194	442533
807	919	1034592

550	621	1064013
508	536	687692
192	200	218593
229	253	308411
301	310	218261

263	277	575045
236	243	422428
279	305	500123
281	294	120026

305	311	531926
1185	1241	1164914
205	226	129593
272	298	435051
209	224	346613

255	264	337916
224	240	277244
301	318	306631
235	253	270852
483	514	775740
1326	1461	1276747

232	258	392371
243	256	264549
271	295	363303
255	285	177789

431	449	604509
607	659	956160
375	402	347307
723	789	1386524

353	380	544719
470	508	738412
280	295	183553
338	353	405755

338	359	505989
242	260	360914
192	203	374580
0	0	0
400	430	795234

490	500	680423
208	218	221694
0	0	0
354	370	499398

224	244	373751
324	361	323702
317	329	491873
229	242	197767

381	405	723020
504	521	829713
203	214	370968
288	306	260475

134	147	351502
198	212	465228
260	277	722882
217	229	170085
118	125	401

834	883	1229201
228	242	460502
544	572	1196489
398	410	979132
328	349	817678

328	343	753182
177	186	241631
695	725	1320653
760	871	1093143

425	469	1111773
269	296	500326
352	362	581262
167	173	311731

168	173	185515
319	342	491969
148	156	229129

111	125	47
150	172	145309
222	231	419636

222	240	183247
355	379	821853
348	360	574300
80	83	166285
608	674	867842

315	336	366346
261	277	254728
236	244	242409
280	299	398058

255	268	398020
275	287	461654
310	336	435342
296	322	627105

222	228	212254
343	365	543229
419	444	620290
283	296	294105
260	278	244961
306	316	600134

268	282	389415
284	289	535582
407	420	724209

197	216	465933
0	0	0
158	166	414923
195	198	313364

281	294	469385
317	328	298808
406	428	821947
209	216	565087

236	244	302975
131	143	206866
280	286	605023
197	209	158947

291	302	383283
293	307	475699
244	259	685862
334	349	911536
362	378	471978

197	202	150141
283	304	745559
424	440	420505
245	263	214240
365	382	363106

194	204	229811
323	348	803384
303	318	691094
340	352	709442

217	230	174517
316	325	754006
349	374	496945
347	365	694495
320	333	560184

255	267	379934
253	269	175946
227	232	609574
230	238	441428

188	200	546454
342	354	304772
653	699	1162470
171	183	149609
278	297	436037
494	518	795566

503	545	1038738
300	324	609898
207	221	191538
195	208	529682
435	447	559261
838	890	1277128

396	427	832185
560	579	543671
162	168	453743
314	336	575469
551	593	1017549

254	265	365745
307	321	377264
296	320	897764
301	321	586891
390	410	562296

365	394	864022
288	304	533457
254	267	206479
265	281	594354
229	246	584266

270	281	381633
412	429	750423
229	233	565222
267	278	457453

323	339	667908
635	667	1159696
160	164	309536
261	282	533825
419	428	490754

327	343	374352
342	350	389076
164	167	276009
213	220	172904

381	398	445041
443	470	902301
352	367	677682
417	429	797771
559	593	915429

298	301	541843
75	78	184749
214	227	169075
191	196	325554

160	166	385189
319	328	700654
352	359	741183
355	378	587406

269	274	809840
296	309	377767
402	423	1101171

533	570	809091
246	268	666252
400	415	740872

305	323	459498
222	234	276670
378	398	992055
465	492	664550

307	329	480726
197	208	620205
256	280	542445
251	269	447644

220	232	423163
1297	1476	1343600
224	232	493298
608	614	845449
461	478	839387

786	828	1319045
207	216	392561
362	391	435517
461	492	517609

418	426	567057
324	338	536844
293	310	618944

227	245	159790
396	428	828965
254	271	586420
272	285	321452
534	565	972550

335	344	485748
194	207	347020
435	469	976833
348	369	479505

749	768	1255185
2457	2781	1497973
889	924	1405160
601	620	899682

267	282	574635
396	416	452903
544	560	570343

413	440	725829
145	160	302282
295	314	413864
1501	1620	1938713

227	232	173298
307	324	494994
750	787	1311502
816	883	1306234

326	332	628807
0	0	0
2601	2873	1626943
846	904	1638641
357	377	742569
513	533	867134

430	448	711683
216	226	208467
291	303	392557
346	364	324867

350	371	477248
475	495	690620
665	696	946095
424	444	704383
383	406	658859
389	409	255682

488	508	878307
377	389	799465
270	289	436562

142	149	309452
1145	1171	1402983
2063	2158	1629953
310	328	715399
463	478	888821

577	597	1210500
464	482	783751
929	966	1409719
359	389	521196
363	375	429554

313	346	509605
217	228	601920
580	595	557100
338	354	234527
832	854	1441712

443	452	515966
206	221	353397
381	410	533591
434	450	577613

316	322	462483
218	225	236377
420	431	421370

223	247	222284
563	578	914170
330	350	775213
153	161	210898

164	180	538442
488	515	1067378
196	204	353970
146	153	282516

136	143	216311
309	321	922404
229	235	485127
183	198	432286

145	148	332874
135	148	385804
1262	1372	605835

371	384	574338
128	134	247059
108	118	334790

93	95	280467
143	146	201254
206	222	321125
238	254	317315

256	263	616582
144	147	165517
202	210	648744
217	231	574913

112	116	201588
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Lifetime Post reach by people who like your Page	Lifetime Post Paid Impressions by people who have liked your Page	Lifetime Paid reach of a post by people who like your Page
Lifetime: The number of people who saw your Page post because they've liked your Page (Unique Users)	Lifetime: The number of paid impressions of your Page post to people who have liked your Page. (Total Count)	Lifetime: The number of people who like your Page and who saw your Page post in an ad or sponsored story. (Unique Users)
0	0	0
149344	0	0
281478	0	0
596320	0	0

599231	0	0
422034	0	0
146774	0	0
203612	0	0
139913	0	0

366926	0	0
268612	0	0
320360	0	0
77037	0	0

317863	0	0
661084	0	0
85724	0	0
271736	0	0
222614	0	0

219568	0	0
182680	0	0
194491	0	0
177049	0	0
441666	0	0
703814	0	0

255489	0	0
172045	0	0
235745	0	0
121748	0	0

359526	0	0
589415	0	0
223774	0	0
770105	0	0

338621	0	0
454198	0	0
121696	0	0
261604	0	0

315096	0	0
232754	0	0
233744	0	0
0	0	0
469917	0	0

415787	0	0
144992	0	0
0	0	0
300317	0	0

236978	0	0
205597	0	0
300134	0	0
130075	0	0

421930	0	0
468584	0	0
241248	0	0
173497	0	0

230772	0	0
301518	0	0
433710	0	0
114383	0	0
355	0	0

720542	0	0
297196	0	0
718657	0	0
589929	0	0
501950	0	0

462033	0	0
163680	0	0
743452	0	0
622610	0	0

647740	0	0
311361	0	0
356283	0	0
200819	0	0

125418	0	0
294743	0	0
153529	0	0

42	0	0
98578	0	0
264085	0	0

121865	0	0
479270	0	0
339793	0	0
109909	0	0
475398	0	0

226153	0	0
163346	0	0
155762	0	0
243839	0	0

243598	0	0
281173	0	0
259234	0	0
389300	0	0

144580	0	0
357320	0	0
372900	0	0
191638	0	0
158430	0	0
376692	0	0

250260	0	0
338752	0	0
450716	0	0

305848	0	0
0	0	0
280663	0	0
196825	0	0

288509	0	0
200959	0	0
491005	0	0
359984	0	0

200477	0	0
153981	0	0
374251	0	0
102472	0	0

261856	0	0
308341	0	0
462645	0	0
586824	0	0
312259	0	0

100109	0	0
489342	0	0
279581	0	0
142965	0	0
246934	0	0

151804	0	0
503944	0	0
438446	0	0
434012	0	0

115758	0	0
482788	0	0
324254	0	0
433054	0	0
349658	0	0

248906	0	0
118950	0	0
406661	0	0
295383	0	0

362976	0	0
201654	0	0
679687	0	0
100311	0	0
288248	0	0
501202	0	0

623387	0	0
389580	0	0
128329	0	0
343800	0	0
350058	0	0
750366	0	0

518997	0	0
346467	0	0
298656	0	0
356980	0	0
622961	0	0

243247	0	0
247670	0	0
538932	0	0
372123	0	0
361683	0	0

544706	0	0
336823	0	0
134854	0	0
383341	0	0
376560	0	0

248744	0	0
471770	0	0
354439	0	0
296567	0	0

422707	0	0
659748	0	0
207237	0	0
343420	0	0
315507	0	0

249148	0	0
260722	0	0
188128	0	0
116879	0	0

287005	0	0
557829	0	0
420936	0	0
507087	0	0
573393	0	0

344239	0	0
129172	0	0
109060	0	0
215733	0	0

263221	0	0
431287	0	0
459781	0	0
372190	0	0

502168	0	0
245343	0	0
637350	0	0

508487	0	0
414274	0	0
445831	0	0

293644	0	0
178224	0	0
593059	0	0
409741	0	0

302632	0	0
405440	0	0
346824	0	0
288724	0	0

279671	0	0
785549	0	0
318767	0	0
520732	0	0
504893	0	0

779033	0	0
256955	0	0
271966	0	0
347282	0	0

351408	0	0
343414	0	0
397716	0	0

99734	0	0
499144	0	0
364354	0	0
207157	0	0
589955	0	0

307417	0	0
223983	0	0
574116	0	0
306875	0	0

741208	0	0
839162	0	0
774849	0	0
548003	0	0

369189	0	0
284573	0	0
351159	0	0

447541	0	0
188690	0	0
254232	0	0
1004910	0	0

109030	0	0
306107	0	0
757981	0	0
730663	0	0

387881	0	0
0	0	0
947664	0	0
918793	0	0
472054	0	0
535182	0	0

462156	0	0
139131	0	0
249010	0	0
210854	0	0

303539	0	0
420110	0	0
556776	0	0
442215	0	0
406354	0	0
159572	0	0

549415	0	0
514980	0	0
283211	0	0

217024	0	0
802564	0	0
934825	0	0
456928	0	0
552284	0	0

736033	0	0
502614	0	0
811841	0	0
341592	0	0
286747	0	0

322804	0	0
388197	0	0
344769	0	0
141683	0	0
827841	0	0

338461	0	0
260665	0	0
343158	0	0
355529	0	0

289293	0	0
158689	0	0
275912	0	0

146872	0	0
564221	0	0
469786	0	0
138846	0	0

355239	0	0
596127	0	0
229423	0	0
191335	0	0

136681	0	0
552941	0	0
308216	0	0
287567	0	0

231642	0	0
248945	0	0
349501	0	0

368724	0	0
148292	0	0
225363	0	0

183693	0	0
133122	0	0
209810	0	0
202470	0	0

369371	0	0
110615	0	0
362093	0	0
328533	0	0

136255	0	0
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Lifetime People who have liked your Page and engaged with your post	Lifetime Organic views to 95%	Lifetime Organic views to 95%
Lifetime: The number of people who have liked your Page and clicked anywhere in your posts. (Unique Users)	Lifetime: Number of times your video was viewed to 95% of its length without any paid promotion. (Unique Users)	Lifetime: Number of times your video was viewed to 95% of its length without any paid promotion. (Total Count)
0	0	0
2219	0	0
11996	24433	24710
30995	326	329

55728	137100	141641
27357	0	0
4744	0	0
7077	0	0
1980	21	21

8122	0	0
15355	0	0
17635	0	0
1514	601	603

11308	7	7
51927	123878	130563
1634	315	319
8070	0	0
6778	0	0

3221	0	0
1314	0	0
3907	0	0
4251	0	0
24147	0	0
57523	548	558

9610	0	0
3757	0	0
6015	0	0
3076	1277	1304

14025	1	1
40970	822	843
3834	4	4
41563	26130	27029

8117	1	1
18531	5	5
2130	420	425
6041	0	0

4616	0	0
3032	0	0
5822	0	0
0	0	0
25325	0	0

14051	2	2
2831	4	4
0	0	0
12601	38	38

17974	71979	73990
4816	1	1
10720	3	3
2504	1490	1490

20632	0	0
16897	0	0
7653	0	0
2623	1	1

12884	0	0
13541	0	0
30739	70816	76051
2431	367	380
13230	0	0

40667	14	14
6305	6914	6914
32649	0	0
28839	1	1
22297	0	0

10353	0	0
1096	3	3
45681	34	35
78630	578882	628566

41113	0	0
6804	0	0
13404	0	0
6852	0	0

1806	0	0
7683	0	0
3504	0	0

6001	0	0
1552	759	783
7475	1	1

2715	651	674
30685	0	0
11262	0	0
2319	0	0
15876	0	0

3221	1	1
3250	7	7
2738	1290	1290
8357	16	16

4597	5831	5913
13598	0	0
4913	11	11
8320	13384	13920

2542	0	0
15783	0	0
12006	0	0
3482	4	4
3461	717	724
12654	2	2

4478	1919	1919
10750	0	0
7832	0	0

15210	0	0
0	0	0
12123	0	0
2167	2	2

6044	2871	2994
5771	0	0
20373	17	17
17978	28098	28118

5421	5	5
2144	3	3
16789	23755	25113
2566	416	416

2749	0	0
6836	2745	2824
26209	0	0
39278	0	0
8706	5	5

2255	1100	1112
26725	0	0
5073	0	0
2768	0	0
4157	0	0

3543	6	6
27548	26752	27534
22702	0	0
13112	11740	11923

2213	270	276
27696	54858	55732
8612	0	0
16787	0	0
12110	0	0

3521	0	0
901	0	0
21175	0	0
12276	0	0

15845	0	0
4235	0	0
46875	4	4
1959	379	379
7000	1294	1312
15355	2	2

21266	11715	12452
13805	1	1
1974	1182	1231
16038	0	0
7174	0	0
45534	0	0

25609	0	0
10382	0	0
14858	0	0
15776	0	0
30998	0	0

3122	0	0
7018	9	9
17270	19375	19737
6191	0	0
11433	0	0

17336	13	13
7318	6111	6111
2855	544	550
14995	0	0
17208	0	0

6765	0	0
14549	0	0
12783	0	0
5274	2113	2125

15406	0	0
32070	0	0
6612	0	0
14331	0	0
8022	0	0

5683	0	0
3961	0	0
5852	0	0
2138	478	478

6152	0	0
22172	2	2
9678	3360	3455
16414	0	0
23316	0	0

9951	0	0
2678	1	1
1820	530	533
6171	0	0

10042	0	0
11687	5320	5320
15466	0	0
10079	5	5

17075	39507	40201
6058	7	7
30225	54321	57287

19625	20	21
13782	10162	10514
17758	0	0

9598	1	1
3630	563	571
37370	73860	73860
9368	0	0

8032	0	0
16056	0	0
13615	0	0
5558	3350	3379

12104	0	0
56463	486	488
15537	0	0
16560	0	0
21627	0	0

39794	0	0
10780	0	0
7231	0	0
12307	0	0

10768	0	0
13352	0	0
19795	47884	48779

2172	273	281
19452	0	0
21610	0	0
5197	0	0
17450	25	25

8377	7014	7014
6020	4	4
31601	1533	1533
4714	0	0

21431	0	0
73977	465	475
48070	0	0
31088	0	0

14099	0	0
6051	0	0
11746	0	0

17633	0	0
8218	0	0
8008	0	0
77687	0	0

2319	197	197
10043	0	0
30129	0	0
45916	8	8

6608	10159	10186
0	0	0
84915	873	880
66242	0	0
19021	0	0
26937	0	0

12846	0	0
3041	355	364
5904	9	9
4090	3159	3159

7693	0	0
15322	0	0
33633	0	0
14832	0	0
13853	6	6
3010	359	372

19410	0	0
18947	0	0
10118	0	0

7172	0	0
44129	0	0
87236	0	0
16796	0	0
24092	0	0

29668	0	0
18111	0	0
44997	0	0
5945	0	0
6426	0	0

5294	0	0
17800	0	0
8151	0	0
2847	433	438
40691	0	0

9307	0	0
8924	0	0
9242	0	0
9513	4	4

9701	697	706
3299	0	0
9283	841	865

3182	0	0
24712	4	4
20707	7170	7315
1623	0	0

14317	0	0
29599	38391	39778
3696	0	0
6152	0	0

2738	401	408
24380	41384	43667
12530	0	0
11580	0	0

8493	0	0
12772	0	0
21243	83	83

17272	0	0
3854	587	596
9887	0	0

7166	0	0
2434	0	0
6747	0	0
6063	0	0

16658	6693	6958
2491	0	0
11309	9850	10162
11704	5311	5311

3572	0	0
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Lifetime Paid views to 95%	Lifetime Paid views to 95%	Lifetime Organic Video Views
Lifetime: Number of times your video was viewed to 95% of its length after paid promotion. (Unique Users)	Lifetime: Number of times your video was viewed to 95% of its length after paid promotion. (Total Count)	Lifetime: Number of times your video was viewed for more than 3 seconds without any paid promotion. (Unique Users)
0	0	0
0	0	0
0	0	85071
0	0	207449

0	0	434769
0	0	0
0	0	0
0	0	0
0	0	66

0	0	88323
0	0	0
0	0	0
0	0	10870

0	0	29
0	0	674045
0	0	14113
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
0	0	0
0	0	36
0	0	427738

0	0	0
0	0	2
0	0	0
0	0	22256

0	0	52
0	0	258553
0	0	105
3	3	457259

0	0	2
0	0	128
0	0	17571
0	0	0

0	0	0
0	0	0
0	0	0
0	0	0
0	0	0

0	0	3
0	0	5
0	0	0
0	0	54

22	23	109052
0	0	3
0	0	33
0	0	25534

0	0	0
0	0	0
0	0	1
0	0	4

0	0	0
0	0	0
0	0	175169
0	0	18763
0	0	0

0	0	262
0	0	98707
0	0	0
0	0	2
0	0	0

0	0	1
0	0	4
0	0	52
8	8	842613

0	0	0
0	0	0
0	0	2
0	0	0

0	0	1
0	0	2
0	0	1

0	0	0
0	0	17181
0	0	71

0	0	19456
0	0	0
0	0	0
0	0	1
0	0	2

0	0	1
0	0	151
0	0	32008
0	0	112

0	0	51130
0	0	0
0	0	76
0	0	105619

0	0	127
0	0	101335
0	0	18
0	0	52
0	0	27660
0	0	116

0	0	66546
0	0	1
0	0	1

0	0	0
0	0	0
0	0	0
0	0	26

0	0	70253
0	0	0
0	0	43
0	0	97267

0	0	22
0	0	16
0	0	122958
0	0	13685

0	0	9
0	0	86877
0	0	0
0	0	0
0	0	73

0	0	19827
0	0	0
0	0	1
0	0	1
0	0	0

0	0	31
0	0	197408
0	0	0
0	0	121429

0	0	16643
0	0	161992
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	115
0	0	11482
0	0	63970
0	0	60

0	0	306830
0	0	50
0	0	19686
0	0	0
0	0	0
0	0	0

0	0	0
0	0	1
0	0	0
0	0	0
0	0	0

0	0	1
0	0	41
0	0	126171
0	0	0
0	0	2

0	0	139
0	0	90159
0	0	18333
0	0	0
0	0	0

0	0	1
0	0	1
0	0	0
0	0	59442

0	0	0
0	0	0
0	0	0
0	0	0
0	0	1

0	0	1
0	0	2
0	0	0
0	0	15092

0	0	1
0	0	75
0	0	102770
0	0	0
0	0	0

0	0	3
0	0	64
0	0	13367
0	0	0

0	0	0
0	0	115583
0	0	0
0	0	23

0	0	162955
0	0	24
0	0	241072

0	0	94
0	0	86954
0	0	2

0	0	96
0	0	28720
0	0	211106
0	0	0

0	0	1
0	0	0
0	0	0
0	0	63295

0	0	0
0	0	435575
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	124865

0	0	12032
0	0	0
0	0	0
0	0	0
0	0	205

0	0	60846
0	0	164
0	0	197151
0	0	0

0	0	15
0	0	643956
0	0	3
0	0	0

0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	1
0	0	110

0	0	12239
0	0	0
0	0	1
0	0	50

0	0	82219
0	0	0
0	0	860104
0	0	1
0	0	0
0	0	0

0	0	104
0	0	16860
0	0	118
0	0	30301

0	0	0
0	0	0
0	0	0
0	0	0
0	0	107
0	0	13474

0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	1
0	0	0
0	0	1

0	0	2
0	0	0
0	0	108
0	0	13559
0	0	0

0	0	0
0	0	0
0	0	5
0	0	127

0	0	65283
0	0	37
0	0	78139

0	0	0
0	0	89
0	0	121601
0	0	0

0	0	0
1	1	312497
0	0	1
0	0	0

0	0	23705
1	1	201401
0	0	0
0	0	0

0	0	0
0	0	0
0	0	176600

0	0	22
0	0	31783
0	0	0

0	0	0
0	0	2
0	0	1
0	0	10

0	0	139200
0	0	0
0	0	119635
0	0	98517

0	0	0

Lifetime Organic Video Views	Lifetime Paid Video Views	Lifetime Paid Video Views
Lifetime: Number of times your video was viewed for more than 3 seconds without any paid promotion. (Total Count)	Lifetime: Number of times your video was viewed more than 3 seconds after paid promotion. (Unique Users)	Lifetime: Number of times your video was viewed more than 3 seconds after paid promotion. (Total Count)
0	0	0
0	0	0
89742	0	0
218398	0	0

477660	0	0
0	0	0
0	0	0
0	0	0
0	0	0

93585	0	0
0	0	0
0	0	0
11381	0	0

0	0	0
708790	0	0
14554	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
23318	0	0

0	0	0
282437	0	0
0	0	0
472533	9	9

0	0	0
0	0	0
18354	0	0
0	0	0

0	0	0
0	0	0
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
0	0	0

112825	24	25
0	0	0
0	0	0
27453	0	0

0	0	0
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
190853	0	0
18903	0	0
0	0	0

0	0	0
102729	0	0
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
928834	8	8

0	0	0
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0

0	0	0
17181	0	0
0	0	0

19662	0	0
0	0	0
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
33854	0	0
0	0	0

55855	0	0
0	0	0
0	0	0
109416	0	0

0	0	0
101335	0	0
0	0	0
0	0	0
28731	0	0
0	0	0

67521	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
0	0	0

72941	0	0
0	0	0
0	0	0
101159	0	0

0	0	0
0	0	0
134312	0	0
14178	0	0

0	0	0
89635	0	0
0	0	0
0	0	0
0	0	0

19827	0	0
0	0	0
0	0	0
0	0	0
0	0	0

0	0	0
203957	0	0
0	0	0
131014	0	0

16643	0	0
173172	0	0
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
12336	0	0
67817	0	0
0	0	0

343448	0	0
0	0	0
20108	0	0
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
130843	0	0
0	0	0
0	0	0

0	0	0
94788	0	0
18894	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
61467	0	0

0	0	0
0	0	0
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
15518	0	0

0	0	0
0	0	0
113018	0	0
0	0	0
0	0	0

0	0	0
0	0	0
13367	0	0
0	0	0

0	0	0
126036	0	0
0	0	0
0	0	0

170497	0	0
0	0	0
261893	0	0

0	0	0
91262	0	0
0	0	0

0	0	0
29645	0	0
220402	0	0
0	0	0

0	0	0
0	0	0
0	0	0
63295	0	0

0	0	0
442653	0	0
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
135580	0	0

12050	0	0
0	0	0
0	0	0
0	0	0
0	0	0

65478	0	0
0	0	0
210007	0	0
0	0	0

0	0	0
696194	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
0	0	0

12395	0	0
0	0	0
0	0	0
0	0	0

86588	0	0
0	0	0
936494	0	0
0	0	0
0	0	0
0	0	0

0	0	0
17475	0	0
0	0	0
30775	0	0

0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
0	0	0
0	0	0

0	0	0
0	0	0
0	0	0
14011	0	0
0	0	0

0	0	0
0	0	0
0	0	0
0	0	0

67078	0	0
0	0	0
86611	1	1

0	0	0
0	0	0
129276	3	3
0	0	0

0	0	0
338603	7	7
0	0	0
0	0	0

23795	1	1
220367	1	1
0	0	0
0	0	0

0	0	0
0	0	0
188384	2	2

0	0	0
34454	0	0
0	0	0

0	0	0
0	0	0
0	0	0
0	0	0

149188	1	1
0	0	0
127912	3	3
102184	2	2

0	0	0

Lifetime Average time video viewed	Lifetime Video length
Lifetime: Average time video viewed (Total Count)	Lifetime: Length of a video post (Total Count)
0	0
0	0
6870	23682
16868	4930006

8378	25427
0	0
0	0
0	0
0	0

0	37246
0	0
0	0
3582	46182

0	0
6138	29742
4375	124755
0	0
0	0

0	0
0	0
0	0
4606	54419

0	0
17350	1427883
0	0
12015	249498

0	0
0	0
4708	129769
0	0

0	0
0	0
0	0
0	0
0	0

0	0
0	0
0	0
0	0

6762	6762
0	0
0	0
3794	59433

0	0
0	0
0	0
0	0

0	0
0	0
7452	15114
5388	191337
0	0

0	0
4850	32319
0	0
0	0
0	0

0	0
0	0
0	0
7522	7522

0	0
0	0
0	0
0	0

0	0
0	0
0	0

0	0
3550	49758
0	0

5379	129533
0	0
0	0
0	0
0	0

0	0
0	0
3713	55699
0	0

3622	31722
0	0
0	0
4759	31551

0	0
0	3454294
0	0
0	0
5071	152361
0	0

4216	60370
0	0
0	0

0	0
0	0
0	0
0	0

5302	133310
0	0
0	0
5139	15870

0	0
0	0
5519	20350
5978	166313

0	0
4582	60439
0	0
0	0
0	0

3840	36799
0	0
0	0
0	0
0	0
0	0

0	0
6017	27839
0	0
5063	37034

5782	249683
7094	20350
0	0
0	0
0	0

0	0
0	0
0	0
0	0

0	0
0	0
0	0
6005	157225
6298	303157
0	0

7386	169811
0	0
3727	49257
0	0
0	0
0	0

0	0
0	0
0	0
0	0
0	0

0	0
0	0
6297	74409
0	0
0	0

0	0
4896	60394
6188	149566
0	0
0	0

0	0
0	0
0	0
3538	61011

0	0
0	0
0	0
0	0
0	0

0	0
0	0
0	0
4805	128467

0	0
0	0
6574	186174
0	0
0	0

0	0
0	0
3681	59390
0	0

0	0
7712	186174
0	0
0	0

5816	30369
0	0
5282	31159

0	0
3246	23657
0	0

0	0
4078	142015
7301	20245
0	0

0	0
0	0
0	0
4174	59390

0	0
16119	6323030
0	0
0	0
0	0

0	0
0	0
0	0
0	0

0	0
0	0
5942	13647

5044	164265
0	0
0	0
0	0
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Post Message	Type	Countries	Languages	Posted
U.S. Navy	Photo			4/30/17 7:23 PM
<p>Although Sexual Assault Awareness and Prevention Month is coming to an end, our #OneNavyTeam's work continues to eliminate the crime of sexual assault and ensure our team members are treated with dignity and respect because protecting our people protects our mission.</p>	Photo			4/30/17 8:06 AM
<p>#USNavy forces – like USS Carl Vinson (CVN 70) – provide on-call scalable options to address a changing world’s challenges, and the ship’s Sailors have the ammunition to do that thanks to Helicopter Sea Combat Squadron FOUR, HSC-4 and USNS Richard E. Byrd (T-AKE 4).</p>	Video			4/29/17 3:20 PM
<p>Watch to help celebrate the christening of our future USS Indiana (SSN 789). Learn more about the next-generation attack submarine at https://go.usa.gov/x55Jj.</p>	Video			4/29/17 8:08 AM

<p>Watch and wait for the flyover as USS Carl Vinson (CVN 70), USS Lake Champlain (CG 57), USS Wayne E. Meyer (DDG 108) and USS Michael Murphy (DDG 112) transited the Philippine Sea today with two Japan Maritime Self Defence Force destroyers. For more than 70 years, we've been routinely patrolling the Indo-Asia-Pacific to promote regional peace and security, and that continued today!</p>	<p>Video</p>			<p>4/28/17 3:16 PM</p>
<p>On this National Superhero Day, we remember that not all heroes wear capes....#USNavy Sailors, past and present, serve to protect and defend America. Tell us about your Navy hero.</p>	<p>Photo</p>			<p>4/28/17 6:44 AM</p>
<p>On this Throwback Thursday, we're going back to May 16, 2015: The keel laying ceremony for future USS Indiana (SSN 789). This Saturday, we'll christen our newest Virginia-class fast attack submarine. You can watch the ceremony here starting at 11 a.m. EDT.</p>	<p>Photo</p>			<p>4/27/17 3:31 PM</p>
<p>It's Take Our Daughters and Sons to Work Day. What would you tell your children about why you joined the #USNavy?</p>	<p>Photo</p>			<p>4/27/17 6:33 AM</p>

<p>Traumatic brain injuries can happen to anyone and not all TBIs are equal. All Hands Magazine shares how a retired Sailor's decision to seek treatment has put him on a mission to help others.</p>	<p>Link</p>			<p>4/26/17 5:23 PM</p>
<p>We're committed to learning and adapting faster – always getting better, striving to the limits of our performance. Watch live at 4 p.m. ET on the U.S. Marine Corps Facebook page for an example of how our #BlueGreenTeam is doing that.</p>	<p>SharedVideo</p>			<p>4/26/17 12:31 PM</p>
<p>Wednesday Wisdom: No matter how complex and quickly the world changes, the #USNavy will always fight to maintain prosperity and security on the open oceans.</p>	<p>Photo</p>			<p>4/26/17 6:31 AM</p>
<p>As a maritime nation, we rely on open oceans for prosperity and security. We maintain those open waters while expanding and strengthening our network of partners – like USS Carl Vinson (CVN 70) seen here transiting the Philippine Sea while conducting a bilateral exercise with the Japan Maritime Self Defense Force.</p>	<p>Photo</p>			<p>4/25/17 5:06 PM</p>

<p>Sexual assault is a serious crime, and we want victims to get the help they need. Help is always available through the Department of Defense Safe Helpline at 1-877-995-5247 or http://www.safehelpline.org. Turn on your sound to meet some of the people who are ready to help because protecting our people protects our mission.</p>	Video			4/25/17 9:21 AM
<p>"This visit is yet another example of the steadfast ROK and U.S. naval partnership." – Rear Adm. Brad Cooper U.S. Naval Forces Korea</p>	Link			4/25/17 6:46 AM
<p>Happy 71st birthday to the U.S. Navy Blue Angels! Watch to see some of this year's demonstrations, showcasing the pride and professionalism of the #USNavy and U.S. Marine Corps since 1946. Check out the team's schedule at https://go.usa.gov/x5kk5.</p>	Video			4/24/17 3:09 PM
<p>This week on the Rundown: the winners of a historic leadership awards have been announced, the #USNavy is looking for feedback on stress, and the creation of a response team to help prevent family violence.</p>	Video			4/24/17 10:21 AM

<p>"The seriousness in which I view these incidents is reflected in the seniority of those leading this review. They will provide a full and open accounting to our aviation community, their families and the public." - Vice Chief of Naval Operations Adm. Bill Moran</p>	Link			4/24/17 5:58 AM
<p>End your weekend with a bang – like USS Carney (DDG 64) firing its Mark 45 5-inch gun during a live-fire exercise during Flag Officer Sea Training 2017 in the Atlantic Ocean, April 18.</p>	Photo			4/23/17 3:12 PM
<p>Our #OneNavyTeam serves around the world to protect and defend America. These are some of those Faces of the Fleet...</p>	Link			4/23/17 6:37 AM
<p>More than 90 #USNavy commands are participating in Earth Day events this year. Take a look at how Sailors are doing their part to protect and preserve their Hawaii Nei (beloved Hawaii) – not just during this Earth Month, but always.</p>	Link			4/22/17 3:13 PM
<p>Our #USNavy chaplains provide more than religious support. The Chief of Chaplains of the Navy explains how they're part of our dedication to providing compassionate support to sexual assault victims regardless of their beliefs.</p>	Link			4/22/17 9:38 AM

<p>While today is Earth Day, #USNavy commands across the globe are showcasing their environmental stewardship throughout April as we take care of the environment year-round.</p>	Link			4/22/17 6:21 AM
<p>Drumroll, please. And our Shore Sailor of the Year is...</p>	Link			4/21/17 3:12 PM
<p>Start your weekend by watching our newest Sailors start their #UNavy careers as they graduate boot camp at Naval Station Great Lakes. Welcome aboard shipmates and your families!</p>	Video			4/21/17 6:45 AM
<p>Did you know tomorrow is #PurpleUp Day? The grassroots effort, which began in 2011, is an opportunity to wear purple to show your support for military children because our #KidsServeToo. We know our 'Grapes" will have no problem showing off the joint service color as they're protecting and defending our little shipmates and their families.</p>	Photo			4/20/17 3:27 PM
<p>Welcome home shipmates from USS CORONADO (LCS 4)'s maiden deployment! We know Crew 203 will continue to strengthen relationships and enhance interoperability with key maritime partners.</p>	Link			4/20/17 9:10 AM

<p>Our #KidsServeToo! Download this certificate to thank your child for their service and support during this Month of the Military Child and every day! You can also download it from https://go.usa.gov/x5xeh.</p>	Photo			4/19/17 3:12 PM
<p>Protecting our people protects our mission, and our sexual assault victim advocates are an important part of that. These specially trained volunteers provide victims essential non-clinical support and information about options and resources, and also maintain contact with them as needed for continued support.</p>	Video			4/19/17 9:05 AM
<p>Just a few hours ago, Vice President Mike Pence spoke to service members on USS Ronald Reagan (CVN 76)'s flight deck during his first official travel to the Asia-Pacific region.</p>	Link			4/19/17 6:35 AM
<p>LIVE NOW: Watch as Vice President Mike Pence delivers remarks aboard USS Ronald Reagan (CVN 76) as part of his first official travel to the Asia-Pacific region.</p>	Video			4/18/17 6:23 PM
<p>LIVE 9 P.M. ET: Join us here for Vice President Mike Pence's live remarks aboard USS Ronald Reagan (CVN 76) as part of his first official travel to the Asia-Pacific region</p>	Link			4/18/17 3:13 PM

<p>Today marks 75 years since the Doolittle Raid, which reinvigorated our country's morale following the Pearl Harbor attack. Watch this 1943 US National Archives video to witness the toughness demonstrated during this joint operation between the #USNavy and the U.S. Army Air Forces. Learn more from Naval History & Heritage Command at https://go.usa.gov/x5qUb</p>	Video			4/18/17 9:50 AM
<p>Our future USS Gerald R. Ford - CVN 78 will bring with it 4.5 acres of diplomacy and improved #USNavy warfighting, increased operational availability, as well as reduced operating costs and crew size when it joins our fleet. Let's go inside its builders sea trials – a milestone that marked another step closer to that happening.</p>	Link			4/18/17 7:08 AM
<p>Corpsman up! BZ shipmate! "As soon as I knew that I could be of assistance, I just resorted back to what I learned from my [training as] a corpsman." – Hospital Corpsman Christopher Marroquin</p>	Link			4/17/17 3:13 PM
<p>This week on the Rundown: 6 things to know about SAPR reporting, the #USNavy recognizes Alcohol Awareness Month with a new mobile app to promote drinking responsibly.</p>	Video			4/17/17 9:12 AM

<p>Flight operations are expected to resume today using a modified mask while we continue to work to identify the root cause of recent physiological episodes and have identified a solution. More on the planned way ahead this week here...</p>	Link			4/17/17 6:36 AM
<p>From training to provide options to protect and defend America... to executing those options, our #USNavy Sailors have been busy. Take a look at how they've been operating forward.</p>	Link			4/16/17 4:35 PM
<p>Our Navy Weeks introduce communities without a #USNavy presence to Navy life and how our Sailors protect and defend America. Let's visit our most recent Navy Week along the Mississippi Gulf Coast.</p>	Link			4/16/17 7:05 AM
<p>In case you missed it, our submarine force celebrated 117 years of Silent Service earlier this week. Test your knowledge here and tag a friend to see who knows more!</p>	Link			4/15/17 3:29 PM
<p>The wait is over! The video is here. We apologize for the delay. Thanks for your patience! Welcome to the Navy family.</p>	Link			4/15/17 11:16 AM
<p>Our future USS Gerald R. Ford - CVN 78 is back from builder's sea trials. The next generation aircraft carrier remains on track to conduct acceptance trials and delivery to the #USNavy this spring.</p>	Link			4/15/17 6:11 AM

<p>This new policy is in response to continued reports of explosions of ENDS due to the overheating of lithium-ion batteries. Multiple Sailors have suffered serious injuries from these devices, to include first- and second-degree burns and facial disfigurement.</p>	<p>Link</p>			<p>4/14/17 3:52 PM</p>
<p>Initiative, one of our core attributes, happens in different ways – both personally and professionally. Listen as Chief of Naval Operations Adm. John Richardson talks about the initiative demonstrated by USS Ross’ readiness and how initiative is part of ensuring #NoBystanders in our #OneNavyTeam.</p>	<p>Link</p>			<p>4/14/17 9:41 AM</p>
<p>We apologize for the technical problems about the live feed. However, we're recording it and will post it later today at this address. Thank you for your understanding and welcome aboard to our Navy family!</p>	<p>Link</p>			<p>4/14/17 7:12 AM</p>
<p>BZ to our Sailors aboard our future USS Gerald R. Ford - CVN 78 for their readiness during the ship's sea trials to help a Sailor in need. Read and then share to give a BZ too!</p>	<p>Link</p>			<p>4/14/17 6:35 AM</p>

<p>It's a complex and changing world. Training like this live-fire exercise aboard USS America (LHA 6) is one way that we're always preparing to provide on-scale options. The exercise – seen here looped in slow motion – tested the ship's defenses by destroying a drone using its self-defense Rolling Airframe Missile system.</p>	<p>Video</p>			<p>4/13/17 3:57 PM</p>
<p>See something wrong? Do something right! Did you know that NCIS - Naval Criminal Investigative Service has three ways – text, web and app – to report a crime and issues like direct knowledge of explicit photos taken without consent? Find out more here...</p>	<p>Link</p>			<p>4/13/17 9:21 AM</p>
<p>Time is of the essence if a submarine's pressurized steam lines rupture. Dive deeper into the new damage control equipment we're testing to better protect our Sailors when making emergency repairs or rescuing their shipmates.</p>	<p>Link</p>			<p>4/13/17 6:21 AM</p>
<p>Each of us has a role to play in preventing, reporting and eliminating sexual assault and harassment as well as other toxic behaviors. LISTEN and then SHARE because the message is clear: There can be #NoBystanders in our #OneNavyTeam. Period.</p>	<p>Video</p>			<p>4/12/17 3:12 PM</p>

<p>The USS Dwight D. Eisenhower (CVN 69) Strike Group returned home just a few months, but that doesn't mean its Sailors aren't maintaining their readiness to deploy anywhere in the world on short notice if needed.</p>	<p>Link</p>			<p>4/12/17 6:32 AM</p>
<p>We have a special Tuesday Trivia for you! How well do you know the #USNavy's Submarine Force? Test your knowledge and help celebrate 117 years of Silent Service.</p>	<p>Link</p>			<p>4/11/17 3:08 PM</p>
<p>Expanding and strengthening our network of partners isn't something just for senior #USNavy leaders. Listen to hear why this line of effort in Chief of Naval Operations Adm. John Richardson's "A Design for Maintaining Maritime Superiority" matters.</p>	<p>Link</p>			<p>4/11/17 8:57 AM</p>
<p>Each of us has a role to play in preventing, reporting and eliminating sexual assault because protecting our people protects our mission. It is important to know the reporting options if you or a shipmate is a victim of sexual assault. Here are six things you need to know and understand.</p>	<p>Link</p>			<p>4/11/17 6:45 AM</p>

<p>"The Navy and our industry partners are excited to have the future USS Gerald R. Ford - CVN 78 underway under her own power for the first time, executing a rigorous and comprehensive test program for this first-of-class ship." - Rear Adm. Brian Antonio Program executive officer for aircraft carriers</p>	Photo			4/10/17 6:19 PM
<p>On this National Siblings Day, we'd like to give a big HOOYAH to our sister services – U.S. Army, U.S. Marine Corps, United States Air Force and U.S. Coast Guard – that join us in the fight to protect and defend America! #OneTeam, #OneFight!</p>	Photo			4/10/17 3:14 PM
<p>Lacking Monday motivation? Sailors aboard our future USS Gerald R. Ford - CVN 78 probably aren't having that problem. This weekend, they got underway under the ship's own power for the first time to execute a rigorous and comprehensive test program of their first-of-class ship.</p>	Video			4/10/17 9:49 AM
<p>This week on the Rundown: Quotas and updates are out for the 2017 Meritorious Advancement Program, #USNavy charts the course for the future, and Chief of Naval Personnel - N1 brings Sailor 2025 to Sea Air Space.</p>	Video			4/10/17 6:33 AM

U.S. Navy	Photo			4/10/17 4:28 AM
It's not often that your BZ comes from your Commander-in-Chief President Donald J. Trump aboard Air Force One.	Link			4/9/17 5:52 PM
In case you missed it: Our future USS Paul Ignatius (DDG 117) is now another step closer to joining the #USNavy's fleet. Turn on your sound to experience some of Saturday's christening ceremony.	Video			4/9/17 3:13 PM
Forward and flexible. At the direction of U.S. Pacific Command, the USS Carl Vinson (CVN 70) Carrier Strike Group – seen here in a file photo – is proceeding north from Singapore to operate in the Western Pacific rather than conducting previously planned visits to Australia.	Link			4/9/17 8:28 AM
The #USNavy's future USS Gerald R. Ford - CVN 78 is underway under its own power for the first time, executing a rigorous and comprehensive test program for this first-of-class ship.	Link			4/8/17 3:48 PM
Today, our future USS Paul Ignatius (DDG 117) will be another step closer to joining our fleet, helping us to adapt in both quantity and quality to address more complex, rapidly evolving challenges.	Link			4/8/17 6:52 AM

<p>When we talk about the #USNavy providing on-call, scalable options to address challenges in a changing world, the firing of 59 Tomahawk missiles into Syria is an example of that. Here's why...</p>	Link			4/7/17 6:13 PM
<p>The countdown is on until the #USNavy hosts the U.S. Department of Defense (DoD) Warrior Games in Chicago, and this year marks a first for the competition where athletes will demonstrate their enduring warrior spirit.</p>	Link			4/7/17 3:11 PM
<p>In case you missed it last night: The United States fired 59 Tomahawk missiles from USS Porter and USS Ross in the eastern Mediterranean Sea into Syria in retaliation for the regime of Bashar Assad using nerve agents to attack his own people.</p>	Link			4/7/17 7:13 AM

<p>From the U.S. Department of Defense (DoD): At the direction of the president, U.S. forces conducted a cruise missile strike against a Syrian Air Force airfield today at about 8:40 p.m. EDT (4:40 a.m., April 7, in Syria). The strike targeted Shayrat Airfield in Homs governorate, and were in response to the Syrian government's chemical weapons attack April 4 in Khan Sheikhoun, which killed and injured hundreds of innocent Syrian people, including women and children. More details at http://go.usa.gov/xXQ7v</p>	Video			4/6/17 8:05 PM
<p>Fair winds and following seas, John Glenn – member of our Department of the Navy family as a U.S. Marine Corps fighter pilot, legendary NASA - National Aeronautics and Space Administration astronaut and U.S. senator. Today, he was laid to rest at Arlington National Cemetery. He passed away Dec. 8, 2016, at age 95.</p>	Photo			4/6/17 3:42 PM
<p>The location of the first American shots in World War I, which the United States entered 100-years-ago today, may surprise you. Naval History & Heritage Command explains. Then and now, the #USNavy provides on-call scalable options in a changing world.</p>	Link			4/6/17 6:05 AM

<p>The pause, which is in response to concerns raised by T-45C pilots over the potential for physiological episodes, will allow time for naval aviation leadership to engage with the pilots, hear their concerns and discuss the risk mitigation efforts that are ongoing to correct this issue.</p>	Link			4/5/17 6:14 PM
<p>On this Gold Star Spouses Day and everyday, we honor the families of our fallen shipmates for their service and sacrifice.</p>	Photo			4/5/17 10:26 AM
<p>While April is Sexual Assault Awareness and Prevention Month, the prevention, reporting and elimination of sexual assault is always an all-hands responsibility. Protecting our people to protect our mission starts with you. Share to spread the word.</p>	Link			4/4/17 5:56 PM
<p>Are you expecting to PCS this summer? With permanent change of station orders being issued later than normal due to a continuing resolution for fiscal year 2017, there are a few things you need to know to make your move less stressful.</p>	Link			4/4/17 3:23 PM

<p>Get energized to maintain our edge in today's competitive world. Chief of Naval Operations Adm. John Richardson shares how directed energy like lasers will be a transformational technology that must be done fast and right so the #USNavy is the first on the field with this capability.</p>	<p>Link</p>			<p>4/4/17 9:38 AM</p>
<p>In recognition of Sexual Assault Awareness and Prevention Month, we've changed our profile picture to teal - symbolic of the teal ribbons that are used to mark the month. The April awareness month is designed to build momentum for year-round efforts to eliminate the crime of sexual assault, while making sure all Sailors are treated with dignity and respect. Protecting our People, Protects our Mission!</p>	<p>Photo</p>			<p>4/4/17 9:06 AM</p>
<p>In today's complex and quickly changing world, how are our partnerships a "collective insurance policy?" Turn on your sound as Adm. Bill Moran explained on Monday at the nation's largest maritime expo, Sea Air Space – just outside of Washington, D.C.</p>	<p>Video</p>			<p>4/4/17 6:24 AM</p>

<p>Honoring our past...to build our future inspired by toughness and integrity. The #USNavy celebrated Medal of Honor recipient Thomas Hudner Jr.'s service this weekend during the christening of the guided-missile destroyer that bears his name. His story is all the Monday motivation that you need.</p>	<p>Link</p>			<p>4/3/17 4:11 PM</p>
<p>This week on the Rundown: The enlisted advancement cycle has been announced, it is Sexual Assault Awareness and Prevention Month, and in case you missed it, big news regarding #USNavy GMTs. Watch for more details.</p>	<p>Video</p>			<p>4/3/17 9:04 AM</p>
<p>Sleep tight! Your #USNavy is on watch around the world, protecting and defending America.</p>	<p>Photo</p>			<p>4/2/17 6:15 PM</p>
<p>The #USNavy's largest rating will soon see significant training changes to provide ready and relevant training that will prepare them to manage the continuum of care in high-threat or complex environments.</p>	<p>Link</p>			<p>4/2/17 6:39 AM</p>

<p>No April Fool's Day joke! In case you missed it, we've ended online GMT to improve leader engagement opportunities, reduce administrative distractions and address our Sailors' frustration with current online training products. This is the way ahead...</p>	<p>Link</p>			<p>4/1/17 6:12 PM</p>
<p>Happy birthday to our chief petty officers! For 124 years, you've remained the hallmark of technical expertise and ship's knowledge. Celebrate by testing your knowledge of our deckplate leaders and backbone of our #USNavy then, today and beyond! Navy chief! Navy pride!</p>	<p>Link</p>			<p>4/1/17 5:35 AM</p>
<p>Ahead of Saturday's 124th birthday of the #USNavy chief petty officer, we asked you what your chief taught you about integrity, accountability, initiative and toughness. Check out some of the responses and add your own response in our blog here.</p>	<p>Link</p>			<p>3/31/17 5:00 PM</p>
<p>Starting Saturday, we'll observe Sexual Assault Awareness and Prevention Month. Remember each member of our #OneNavyTeam has a role to play in preventing, reporting and eliminating sexual assault – not just in April, but always because protecting our people protects our mission.</p>	<p>Link</p>			<p>3/31/17 9:40 AM</p>

<p>Our female Sailors and civilians – like Angela Moran – have a rich history of service in the #USNavy. Turn on your sound to listen why the United States Naval Academy professor says one of her contributions to our #OneNavyTeam was life changing for her. BZ Professor Moran!</p>	<p>Video</p>			<p>3/31/17 7:17 AM</p>
<p>Saturday, we'll christen the future USS Thomas Hudner (DDG 116). Read to learn more about the #USNavy's newest guided-missile destroyer.</p>	<p>Link</p>			<p>3/30/17 3:27 PM</p>
<p>In this #31for31, Chief of Naval Operations Adm. John Richardson delivered a keynote address to the 2017 Directed Energy Summit in Washington, DC. Watch for some of the highlights.</p>	<p>Video</p>			<p>3/30/17 9:04 AM</p>
<p>This Saturday, we'll mark 124 years of deckplate leadership by our #USNavy chiefs. Tell us what your chief taught you about integrity, accountability, initiative and toughness. We'll share some of your answers later this week.</p>	<p>Photo</p>			<p>3/29/17 3:46 PM</p>
<p>Our #USNavy Sailors serve around the world, around the clock to protect and defend America. Here's a look at some of our "Faces of the Fleet"...</p>	<p>Link</p>			<p>3/29/17 6:25 AM</p>

<p>In this #31for31, Chief of Naval Operations Adm. John Richardson met in #London with the First Sea Lord of the United Kingdom, Adm. Sir Philip Jones, Royal Navy and Chief of Naval Staff, Adm. Christophe Prazuck, Marine Nationale, affirming their commitment to increased interoperability.</p>	Video			3/28/17 3:27 PM
<p>TUESDAY TRIVIA: Female Sailors and civilians have a long and distinguished legacy of service in our #USNavy. Do you know the name of the first female to be presented the Navy Cross? CLUE: This Chief Nurse received the Navy Cross for her leadership of the Navy Nurse Corps during World War I. Tell us your answer in the comments below.</p>	Link			3/28/17 9:34 AM
<p>Watch Chief of Naval Operations Adm. John Richardson's all-hands call live from Rota Spain.</p>	SharedVideo			3/28/17 5:03 AM
<p>We've heard the feedback from the Fleet that online training is ineffective and impersonal. Now, we want to tell you what we've done about it.</p>	Link			3/27/17 3:19 PM
<p>Vice Chief of Naval Operations Adm. Bill Moran discusses the need for a bigger and more capable #USNavy, the idea of wholeness, and the importance of people. in the latest Soundings podcast. Listen here!</p>	Link			3/27/17 11:36 AM

<p>This week on the Rundown: Chief of Naval Operations Adm. John Richardson addresses stopping toxic behavior, 5 things you need to know about conducting yourself online, and more.</p>	<p>Video</p>			<p>3/27/17 7:22 AM</p>
<p>Navy Weeks allow us to bring our #USNavy home. In Austin, it was also an opportunity to remember more than 3,400 Texans who gave their lives so others might be free.</p>	<p>Link</p>			<p>3/26/17 3:29 PM</p>
<p>Our female Sailors and civilians – like Allison Stiller – have a long and distinguished legacy of service in our #USNavy. On Jan. 20, she began performing the duties of our assistant secretary of the Navy for Research Development & Acquisition.</p>	<p>Video</p>			<p>3/26/17 6:17 AM</p>
<p>Join us in honoring the recipients of our nation's highest medal for valor in combat. On this day in 1863, the first Medals of Honor were presented. Today, learn about our shipmates who earned it for their conspicuous gallantry and intrepidity at the risk of life, above and beyond the call of duty.</p>	<p>Link</p>			<p>3/25/17 6:55 AM</p>

<p>Today, women serve in every rank from seaman to admiral and have the opportunity to serve in any occupation in the #USNavy. In observation of Women's History Month, we want to introduce you to some of our Faces of the Fleet who continue to contribute to a distinguished legacy of service.</p>	Link			3/24/17 3:53 PM
<p>As a maritime nation, we rely on open oceans for prosperity and security. We maintain these open waters while expanding and strengthening our network of partners through exercises like Foal Eagle – a series of joint and combined field training exercises, conducted by the Combined Forces Command and U.S. Forces Korea component commands. Foal Eagle enhances the combat readiness, flexibility, and capabilities of the Republic of Korea and U.S. alliance.</p>	Photo			3/24/17 7:22 AM
<p>If you're not currently receiving the video, please stand-by.</p>	Link			3/24/17 7:09 AM
<p>Welcome home, shipmates! Master Chief Missile Technician Adrian Watkins, assigned to USS Nevada (SSBN 733), hugs his wife after the boat returned to Naval Base Kitsap Tuesday following a routine deterrent patrol.</p>	Photo			3/23/17 3:26 PM

<p>On this Throwback Thursday, we're back to today 1882 when Secretary of the Navy William Hunt created the Office of Naval Intelligence with General Order Number 292. Explore how ONI has constantly transformed and evolved to be what our #USNavy and nation needs.</p>	Link			3/23/17 6:38 AM
<p>When we talk about female Sailors and civilians playing a crucial role in our #USNavy, we're talking about members of our One Navy Team like Raye Montague. Watch as she shares how she revolutionized our ship design process by contributing her talents and adding to a rich history of service.</p>	Video			3/22/17 3:12 PM
<p>Don't be tricked by social engineering like phishing. Always be mindful of the information you're providing to people you don't know, regardless of how sincere or legitimate they may seem. You're in the #NavyCyber battlespace! Get more Naval Operations Security (OPSEC) tips at https://go.usa.gov/xXkCv.</p>	Photo			3/22/17 9:31 AM

<p>Busted, AGAIN! For the second time in five days, USS Laboon (DDG 58) intercepted a small, stateless dhow in the international waters of the Arabian Sea and seized 500 kilograms of Hashish. Maritime security operations at work!</p>	<p>Link</p>			<p>3/22/17 6:34 AM</p>
<p>Take a look at U.S. Navy Blue Angels Boss refueling thanks to the United States Air Force's 79th Air Refueling Squadron. Up next: Brunswick, Georgia, this weekend for the Wings Over Golden Isles Air Show. Get the team's schedule at https://go.usa.gov/xXKAK</p>	<p>Video</p>			<p>3/21/17 3:22 PM</p>
<p>What's the latest about #USNavy personnel initiatives? Hear straight from the top with Chief of Naval Personnel - N1 Vice Adm. Robert Burke in the latest Soundings podcast.</p>	<p>Link</p>			<p>3/21/17 10:09 AM</p>
<p>100-years-ago today: Loretta Perfectus Walsh left her mark on #USNavy history when she became our first female chief petty officer. Travel back in time with us for a historical look at other female Sailors who benefited from our female chiefs' deckplate leadership. BZ shipmates!</p>	<p>Link</p>			<p>3/21/17 6:54 AM</p>

<p>On this date in #USNavy history: In 2003, Operation Iraqi Freedom began after USS Bunker Hill (CG 52) was among the first to launch tomahawk missiles on Iraq, along with other Navy ships in the Red Sea and Arabian Gulf. Today, we're still providing on-call scalable options to address a changing world's challenges.</p>	Video			3/20/17 3:17 PM
<p>This week on the Rundown: A message from Chief of Naval Operations Adm. John Richardson about a problem that we need to solve, a new way to get #USNavy apps, and more. Watch for details.</p>	Video			3/20/17 9:07 AM
<p>Our civilian employees are dedicated professionals and critical members of our #USNavy team. We can't accomplish our mission without them. See how we're mitigating the effects of the federal hiring freeze on our Navy family.</p>	Link			3/20/17 6:28 AM
<p>Our female Sailors – like Vice Adm. Jan Tighe – and civilians have a long and distinguished legacy of service in our #USNavy. Meet our deputy chief of Naval Operations for Information Warfare/director of Naval Intelligence here.</p>	Video			3/19/17 7:30 AM

<p>Start your weekend with a bang – like USS Donald Cook (DDG 75) firing its Mark 45 5-inch gun during a live-fire gunnery exercise during Flag Officer Sea Training 2017 in the Atlantic Ocean, March 13.</p>	Photo			3/18/17 6:43 AM
<p>There’s no room for luck in the #USNavy when we're protecting and defending America! It takes integrity, accountability, initiative and toughness.</p>	Photo			3/17/17 6:44 AM
<p>On this Throwback Thursday, we’re going back to 1945 for an incredible example of initiative and toughness during the Iwo Jima campaign! READ: If you don’t know about Pharmacist's Mate 1st Class Francis Pierce’s actions that earned him the Medal of Honor. SHARE: If you do know his story.</p>	Link			3/16/17 5:10 PM
<p>Watch as Chief of Naval Operations Adm. John Richardson shares why we’re starting the conversation earlier with industry to discuss our #USNavy’s requirements.</p>	Video			3/16/17 7:13 AM
<p>Join us in wishing U.S. 7th Fleet happy birthday! It was established March 15, 1943. Today, it is the largest forward-deployed U.S. fleet, and maintains a forward presence in the Indo--Asia-Pacific providing security and stability to that region.</p>	Photo			3/15/17 4:02 PM

<p>Read this blog and share to spread the message from Chief of Naval Operations Adm. John Richardson that we have a problem and we need to solve it. The discovery of online sites that degrade the female members of our team has shined a light on the fact that this problem persists. There is no room in our Navy for toxic behavior.</p>	Link			3/15/17 6:38 AM
<p>TUESDAY TRIVIA: Female Sailors and civilians have a long and distinguished legacy of service in our #USNavy. Edith Voorhees Hasson is part of that legacy. Tell us why in the comments below. CLUE: https://go.usa.gov/xXrFR</p>	Link			3/14/17 6:06 PM
<p>Questions about the household goods process for a PCS move? There are now more live, interactive webinars to help you! Get the schedule here.</p>	Link			3/14/17 2:51 PM
<p>Competition, winning, failing and most importantly, treating each other with dignity and respect. It's all in Chief of Naval Operations Adm. John Richardson's latest podcast. Listen to Soundings here!</p>	Link			3/14/17 7:27 AM

<p>U.S. Navy Blue Angels history in flight! On Friday, the team took to the skies with one of its jets and its first two performing aircraft, the F6F Hellcat and the F8F Bearcat, before its first airshow in El Centro, California, on Saturday. Up next: The NAWS China Lake Air Show this weekend.</p>	<p>Video</p>			<p>3/13/17 6:21 PM</p>
<p>SHARE TO THANK all of our Sailors who have served aboard USS Carl Vinson (CVN 70) since it was commissioned 35-years-ago today. Right now, it's on a western Pacific deployment under Commander, U.S. Third Fleet's command and control, offering additional options to the U.S. Pacific Fleet commander by leveraging the capabilities of 3rd Fleet and U.S. 7th Fleet.</p>	<p>Photo</p>			<p>3/13/17 3:09 PM</p>
<p>Our female Sailors – like Capt. Amy Bauernschmidt – and civilians have a long and distinguished legacy of service in our #USNavy. Meet USS Abraham Lincoln (CVN 72)'s executive officer here.</p>	<p>Video</p>			<p>3/13/17 10:14 AM</p>

<p>This week on the 100th episode of the Rundown: Chief of Naval Operations Adm. John Richardson announces an essay contest, rating experts are needed to help shape advancement exams, a chance to give back through the Navy-Marine Corps Relief Society and more.</p>	<p>Video</p>			<p>3/13/17 6:46 AM</p>
<p>In case you missed it, watch as USS Detroit - Iron Warriors conduct a successful missile test firing.</p>	<p>Video</p>			<p>3/11/17 3:12 PM</p>
<p>Chief's anchors mark a symbol of expertise, trust, partnership and above all...leadership. The #USNavy is looking for a few chiefs interested in shaping the future of their ratings.</p>	<p>Link</p>			<p>3/11/17 9:07 AM</p>
<p>#USNavy's USS Detroit (LCS 7) + Surface to Surface Missile Module = Distributed Lethality</p>	<p>Link</p>			<p>3/10/17 3:12 PM</p>
<p>The largest annual multilateral humanitarian assistance and disaster relief preparedness mission in the Indo-Asia-Pacific region is underway. Go inside for a closer look at their mission's first stop.</p>	<p>Link</p>			<p>3/10/17 9:12 AM</p>

<p>As our #USNavy sharpens our competitive edge, we need to be scrapping for every advantage we can get. Toxic behaviors make us weaker; they cede our advantage, our people, to the enemy. These behaviors have no place in our Navy. Our ability to succeed is directly tied to our ability to fight as one team – a team that treats one another honorably.</p>	<p>Link</p>			<p>3/9/17 3:58 PM</p>
<p>Go inside the humanitarian mission Continuing Promise 2017 as it strengthens our partnerships and improves cooperation in Central and South America.</p>	<p>Link</p>			<p>3/9/17 9:09 AM</p>
<p>USS George H.W. Bush (CVN 77) performs a passing exercise with USS Philippine Sea (CG 58) and the Hellenic Navy's Elli-class frigate HN Kountouriotis (F-462), March 5. The George H.W. Bush Carrier Strike Group is conducting naval operations in the U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet area of operations in support of U.S. national security interests.</p>	<p>Photo</p>			<p>3/8/17 3:38 PM</p>
<p>On this International Women’s Day and every day, our female Sailors and #USNavy civilians continue their rich history of service by contributing their talents and capabilities to our force.</p>	<p>Photo</p>			<p>3/8/17 6:54 AM</p>

<p>A view perfect for a postcard to home from USS MAKIN ISLAND (LHD 8) in the Arabian Sea, March 3! The amphibious assault ship is supporting maritime security operations designed to reassure allies and partners, and preserve the freedom of navigation and the free flow of commerce in the region.</p>	Photo			3/7/17 4:26 PM
<p>Tuesday Trivia: What was the first #USNavy combatant ship to have women assigned to it? Clue: The orders were issued 23-years-ago today. Answer: https://go.usa.gov/xXxSx</p>	Link			3/7/17 6:39 AM
<p>Good news! The U.S. Navy Blue Angels have added another performance to their schedule. See if it is coming to your city!</p>	Link			3/6/17 3:16 PM
<p>On this Rundown: EAOS extensions for first-term Sailors, Chief of Naval Operations Adm. John Richardson's Professional Reading Program, and more</p>	Video			3/6/17 9:18 AM
<p>As this week gets underway, take a look back at February and how our Sailors are providing on-call scalable options to address a changing world's challenges.</p>	Video			3/6/17 6:46 AM
<p>Happy 75th anniversary #USNavy Seabees! To celebrate, test your knowledge about how their "Can Do" attitude builds more than just construction projects.</p>	Link			3/5/17 7:57 AM

<p>Get ready for our #USNavy Seabees' 75th anniversary on Sunday by watching this All Hands Magazine story. Then, share so your friends can dig into their "Can Do" history too!</p>	Video			3/4/17 3:04 PM
<p>For the first time in 25 years, the United States faces a return to great power competition. "It is about winning. Do not mistake that for a second. We are not out there to be the second most powerful navy in the world." - Chief of Naval Operations Adm. John Richardson</p>	Link			3/4/17 11:38 AM
<p>This Women's History Month, we're sharing stories of #USNavy female Sailors and civilians like Naval Sea Systems Command's Sharon Smoot - part of a long and distinguished legacy of service to our Navy.</p>	Video			3/4/17 6:57 AM
<p>Thank you to our Reservists for answering our nation's call in our Navy Reserve for 102 years during war and peace!</p>	Photo			3/3/17 2:28 PM
<p>Go behind the scenes of President Donald J. Trump's visit to our future USS Gerald R. Ford - CVN 78.</p>	Link			3/3/17 7:07 AM
<p>Earlier today, President Donald J. Trump addressed #USNavy Sailors aboard our future USS Gerald R. Ford - CVN 78 - his visit to an aircraft carrier.</p>	Link			3/2/17 6:52 PM

<p>44 years ago today, the first four female #USNavy pilots began training: Lt. j.g. Barbara Allen, Ens. Jane Skiles, Lt. j.g. Judith Neuffer and Ens. Kathleen McNary. Today, women hold nearly every job from naval aviator to deep-sea diver, and have the opportunity to serve in any occupation.</p>	Photo			3/2/17 3:20 PM
<p>LIVE 2:30 P.M. ET: Watch as President Donald J. Trump delivers remarks aboard our future USS Gerald R. Ford - CVN 78.</p>	Link			3/2/17 11:10 AM
<p>Our #USNavy Sailors provide on-call, scalable options in today's rapidly changing world. USS Bataan (LHD 5)'s Blue-Green Team is out there along with its amphibious ready group to provide those options after deploying yesterday from Naval Station Norfolk.</p>	Photo			3/2/17 9:16 AM
<p>BZ shipmates! "This incident is an example of the types of situations our Sailors train for, day-in and day-out." - Cmdr. Edward Weiler Helicopter Sea Combat Squadron Two-Five (HSC-25) commanding officer</p>	Link			3/2/17 6:36 AM
<p>Join us in thanking USS Albuquerque (SSN 706) and the boat's crews for 33 years of service to our #USNavy SHARE to spread the word that our Silent Service continues to run silent and deep!</p>	Link			3/1/17 6:20 PM

<p>Our first #NavyWeek of the year is over, but we're just getting started! Take a look back at Navy Week Mobile here and see if a Navy Week is coming to your community.</p>	Link			3/1/17 3:06 PM
<p>Join us this #WomensHistoryMonth in honoring our female Sailors and civilians for their rich history of service and continuous contributions of their talents and capabilities to our #OneNavyTeam.</p>	Link			3/1/17 6:34 AM
<p>Before we jump into our next Navy Week in Austin, Texas, you've got to see how the U.S. Navy Parachute Team "The Leap Frogs" helped to kick off #NavyWeek Mobile on Thursday. This video is worth watching until the end!</p>	Video			2/28/17 3:17 PM
<p>We're a deployed force that serves around the world to provide on-call, scalable options. Take a look at some places where our #USNavy Sailors are serving to provide those options.</p>	Link			2/28/17 9:34 AM
<p>If you don't know Seaman Joseph Noil's story of toughness, you should! All Hands Magazine shares how the Medal of Honor recipient slowly faded from history, and how the #USNavy righted that wrong.</p>	Link			2/28/17 6:34 AM

<p>Come aboard USS George H.W. Bush (CVN 77) during its operations in the eastern Mediterranean Sea, which demonstrate our ability to conduct precision strikes on ISIS targets from multiple theaters. These strikes highlight the flexibility of the #USNavy's globally-deployed force.</p>	<p>Link</p>			<p>2/27/17 3:23 PM</p>
<p>For the first time in 25 years, the United States is facing a return to great power competition. Listen as Chief of Naval Operations Adm. John Richardson explains what it means for the #USNavy.</p>	<p>Video</p>			<p>2/27/17 9:22 AM</p>
<p>On this Rundown: We're asking Sailors to consider duty as recruit division commanders, how Sailors can get "SMART" with their goals, and more. Watch for details here.</p>	<p>Video</p>			<p>2/27/17 6:35 AM</p>
<p>These #USNavy Sailors aren't walking down the #Oscars red carpet, but this walk down to check for debris aboard USS Carl Vinson (CVN 70) makes sure the aircraft carrier's flight deck is safe for flight operations during its deployment in the western Pacific.</p>	<p>Photo</p>			<p>2/26/17 4:47 PM</p>
<p>It may be the weekend, but our #USNavy Sailors are working around the world, around the clock, operating forward to protect and defend America!</p>	<p>Photo</p>			<p>2/26/17 9:59 AM</p>

<p>Listen as Master Chief Petty Officer of the Navy Steven Giordano discusses his recent travels in the fleet, leadership and the #USNavy's core attributes, and more.</p>	Link			2/26/17 6:38 AM
<p>On this day in 1933: Our first true aircraft carrier, USS Ranger (CV 4), was launched. If you knew that, hit LIKE. If you didn't know that, hit SHARE to tell your friends. 84 years later, the #USNavy continues to adapt in both quantity and quality to protect and defend America!</p>	Link			2/25/17 4:58 PM
<p>Join us in wishing a happy birthday to the #USNavy Supply Corps, which celebrated 222 years of excellence on Thursday! Thank you for maintaining our Sailors' warfighter readiness and improving the quality of life for our Sailors and their families.</p>	Photo			2/25/17 11:41 AM
<p>Our diverse workforce brings together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets. That allows us to operate successfully around the world. Meet a #USNavy Sailor and NASA - National Aeronautics and Space Administration astronaut who has reached for the stars and succeeded.</p>	Video			2/25/17 7:34 AM

<p>#NavyWeek Mobile is here, and so is USS Mitscher (DDG 57)! Hit "LIKE" if you've been to a Navy Week. Hit "WOW" if you'd like to attend one - an opportunity to learn about the #USNavy, our people and our importance to national security and prosperity.</p>	Link			2/24/17 3:46 PM
<p>We're looking for the best of our best to turn civilians into #USNavy Sailors.</p>	Link			2/24/17 6:38 AM
<p>On this Throwback Thursday, we're going back to this day in 1919, the first #USNavy ship named for an enlisted man, USS Osmond Ingram (DD 255), is launched.</p>	Photo			2/23/17 3:12 PM
<p>We're a maritime nation and we rely on open oceans for prosperity and security. USS Barry - DDG 52 transits the Philippine Sea, Feb. 10. The Arleigh Burke-class guided-missile destroyer is on patrol in support of security and stability in the Indo-Asia-Pacific region.</p>	Photo			2/22/17 4:32 PM
<p>Did you know Chicago O'Hare International Airport's name honors a World War II naval aviator? Naval History & Heritage Command shares how the Medal of Honor recipient's toughness continues to be honored.</p>	Link			2/22/17 9:24 AM

<p>DDG-121's keel laying and authentication mark the ceremonial beginning of the #USNavy's future USS Frank E. Petersen, Jr., honoring a U.S. Marine Corps trailblazer.</p>	Link			2/22/17 6:33 AM
<p>Who am I and what did I do? CLUE: During the attack on Pearl Harbor, I literally took matters into my own hands to protect my ship and my shipmates. ANSWER: http://go.usa.gov/x9JKQ A diverse workforce positions the #USNavy to operate successfully around the globe by bringing together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets.</p>	Link			2/21/17 3:12 PM
<p>Whether our #USNavy Sailors serve topside or below deck, we're training – like these USS George H.W. Bush (CVN 77) Sailors during a medical drill – to be ready to provide on-call scalable options.</p>	Photo			2/21/17 10:53 AM
<p>On this Weekly Wire Rundown, we're testing a new personnel web portal, command senior chief and master chief selection board results are out, and more. Watch for details here.</p>	Video			2/21/17 6:21 AM

<p>We're committed to giving our #USNavy Sailors a modern personnel system that they deserve. The first step in providing them a consolidated one-stop shop for their personnel information in here, and we want their feedback.</p>	Link			2/20/17 3:35 PM
<p>On this Presidents Day, take a look with Naval History & Heritage Command at some of our #USNavy ships that honor U.S. presidents.</p>	Link			2/20/17 6:46 AM
<p>In case you missed it, experience hyper-realistic trauma training for our independent duty corpsmen. All Hands Magazine takes you inside this tough course that saves lives in the fleet.</p>	Video			2/19/17 3:22 PM
<p>Why do our #USNavy carrier air wings need the capabilities provided by our 4th and 5th generation aircraft? Get the answer from our air boss.</p>	Link			2/19/17 9:11 AM
<p>BZ to our galleys and culinary specialists who have been recognized for their outstanding food service! Check out the winners and then tell us who has the best galley in the #USNavy.</p>	Link			2/19/17 6:44 AM

<p>It takes #OneNavyTeam to provide on-call scalable options to address a changing world's challenges. Meet USS Dwight D. Eisenhower (CVN 69) Sailors who provided those options during their deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet.</p>	<p>Link</p>			<p>2/18/17 3:36 PM</p>
<p>What does #USNavy toughness mean to you? Chief of Naval Operations Adm. John Richardson explains how toughness - one of our four core attributes - helps to guide our decisions and actions.</p>	<p>Link</p>			<p>2/18/17 10:31 AM</p>
<p>African American Sailors and civilians, like Naval Sea Systems Command's Sharon Smoot, are integral parts of our #OneNavyTeam. Listen as she shares how our #USNavy is strengthened by the diversity of our force.</p>	<p>Video</p>			<p>2/18/17 6:43 AM</p>
<p>Talk about #USNavy toughness! On this day in 1945, Lt. j.g. Rufus Herring's actions during the pre-invasion attack on Iwo Jima earned him the Medal of Honor. Learn about his actions that day in this Nov. 1945 issue of All Hands Magazine at http://go.usa.gov/x9u7H.</p>	<p>Photo</p>			<p>2/17/17 4:23 PM</p>

<p>Building a bridge with an ally, and building and strengthening partnerships to make us a stronger fighting force. #USNavy Seabees with Naval Mobile Construction Battalion 5 and Marines work with Republic of Korea marines to erect an Improved Ribbon Bridge in open waters in Chinhae, South Korea, Jan. 28.</p>	Photo			2/17/17 8:40 AM
<p>Don't miss a second of this tough, hyper-realistic trauma training for our #USNavy independent duty corpsmen. Watch as All Hands Magazine takes you inside this course that saves lives in the fleet.</p>	Video			2/16/17 3:06 PM
<p>"The MQ-4C Triton's advanced intelligence, surveillance, and reconnaissance capabilities bring enhanced battlespace awareness for the fleet to achieve full spectrum superiority." – Adm. Phil Davidson Commander, U.S. Fleet Forces Command</p>	Link			2/16/17 9:09 AM
<p>"PowerPoints are boring; people fall asleep and they are kind of pointless. Getting involved [in the role-playing] allows people to examine how they would actually respond in a real-life scenario." – A quartermaster aboard USS Shiloh (CG 67)</p>	Link			2/16/17 6:24 AM

<p>In order to provide on-call scalable options in a changing world, our #USNavy Sailors need the right capabilities, including the right ammunition. Watch as USS America (LHA 6)'s weapons department completes a four-day ammunition on load – the final requirement for the ship to deploy this summer.</p>	<p>Video</p>			<p>2/15/17 3:14 PM</p>
<p>What does #USNavy toughness mean? Chief of Naval Operations Adm. John Richardson explains in his latest podcast. Listen here.</p>	<p>Link</p>			<p>2/15/17 9:58 AM</p>
<p>Watch to come aboard USS George H.W. Bush (CVN 77)'s flight deck as its carrier strike group joined the Operation Inherent Resolve fight yesterday. The strikes from the eastern Mediterranean Sea demonstrate our ability to conduct precision strikes on ISIS targets from multiple theaters as part of our globally deployed force.</p>	<p>Video</p>			<p>2/14/17 3:23 PM</p>

<p>Who am I? In 1968, I became the first amputee to serve as a #USNavy diver following an accident in 1966 while participating in the recovery of atomic bombs after the crash of two United States Air Force planes. Later, I became our first African-American master diver in 1970. ANSWER: http://go.usa.gov/x9tnH A diverse workforce positions the Navy to operate successfully around the globe by bringing together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets.</p>	Link			2/14/17 10:09 AM
<p>Happy Valentine's Day from the #USNavy! We love serving to protect and defend our Nation and those who we love. Share with someone that you love!</p>	Video			2/14/17 6:43 AM
<p>Today, the USS George H.W. Bush (CVN 77) Carrier Strike Group joined the Operation Inherent Resolve fight. Its strikes from the eastern Mediterranean Sea demonstrate the #USNavy's capability to conduct precision strikes on ISIL targets from multiple theaters, highlighting the flexibility of our globally deployed force.</p>	Link			2/13/17 3:43 PM

<p>Our future USS Tulsa (LCS 16) is another step closer to joining the #USNavy's fleet after its christening this weekend. "Ships like Tulsa will operate where much of our Navy simply cannot, in the shallows and in the littorals, with speed, agility and lethality." - Vice Chief of Naval Operations Adm. Bill Moran</p>	Link			2/13/17 10:39 AM
<p>On this Rundown, the SAIL program is available fleet wide to provide rapid assistance and on-going risk assessment and support for our Sailors who have exhibited suicide-related behavior, the #USNavy wants more enlisted women aboard subs, and Navy COOL will be visiting a city near you. Watch for details now.</p>	Video			2/13/17 7:29 AM
<p>Train like you fight. Fight like you train. Watch as #USNavy USS Donald Cook (DDG 75) fires its MK45 5 inch gun during a live-fire gunnery exercise in U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet's area of operations.</p>	Video			2/12/17 3:46 PM
<p>Sailors should expect a compressed timeline for planning and scheduling military moves through the end of the Continuing Resolution for fiscal year 2017. This is what you should know.</p>	Link			2/12/17 9:14 AM

<p>Listen as Vice Chief of Naval Operations Adm. Bill Moran discusses the need for a larger, well-equipped #USNavy with a focus on Sailors.</p>	<p>Link</p>			<p>2/12/17 6:33 AM</p>
<p>No playtime here. #USNavy Master-at-Arms 2nd Class Jordyn Japiec, a military working dog handler, and Puskos, a Jagdterrier military working dog drug detector, begin the certification process to include obedience training and narcotic detector training onboard Naval Station Norfolk, Feb. 1.</p>	<p>Photo</p>			<p>2/11/17 3:11 PM</p>
<p>The Sailor of the Year program recognizes an individual Sailor who best represented the ever-growing group of dedicated professional Sailors at each command and ultimately the #USNavy. What advice do you have for our Sailors as they prepare?</p>	<p>Photo</p>			<p>2/11/17 9:33 AM</p>
<p>To achieve optimal mission readiness, we provide every #USNavy Sailor and civilian with equal access to the tools and resources they need to succeed. Turn on your sound and listen as Rear Adm. John Fuller shares why his entire goal is to let his work and the content of his character speak for itself.</p>	<p>Video</p>			<p>2/11/17 6:50 AM</p>

<p>Whether above, on or beneath the water, our #USNavy Sailors are serving around the world to provide on-call, scalable options to address challenges in a complex and quickly changing world.</p>	Photo			2/10/17 3:11 PM
<p>Join us in welcoming our newest #USNavy Sailors to the fleet. Watch their boot camp graduation live at 9:45 a.m. ET today.</p>	Video			2/10/17 6:45 AM
<p>An F/A-18E Super Hornet lands on USS Carl Vinson (CVN 70) in the Pacific Ocean, Feb. 4. The #USNavy aircraft carrier and its strike group are on a regularly scheduled Western Pacific deployment as part of the U.S. Pacific Fleet-led initiative to extend the command and control functions of Commander, U.S. Third Fleet.</p>	Photo			2/9/17 3:50 PM
<p>"... on-going demand for naval forces exceeds our long-term supply. And that need continues to grow with no end in sight. Supply is best summed up in one fact: Your Navy today is the smallest we've had in 99 years." - Vice Chief of Naval Operations Adm. Bill Moran told lawmakers this week.</p>	Link			2/9/17 10:03 AM
<p>Our future expeditionary fast transport USNS Yuma (T-EPF 8) is another step closer to joining the #USNavy fleet after successfully completing acceptance trials. Get to know its capabilities here.</p>	Link			2/9/17 6:39 AM

<p>Fair winds and following seas, Sir. We have the watch.</p>	<p>Link</p>			<p>2/8/17 6:27 PM</p>
<p>Our #USNavy Sailors serve around the world. Training like this cold-water endurance ruck march by Explosive Ordnance Disposal Mobile Unit 8 and the Norwegian Army Explosive Ordnance Disposal teams in the austere environment of northern Norway helps prepare our Sailors to conduct decisive combat operations to defeat any enemy.</p>	<p>Photo</p>			<p>2/8/17 3:11 PM</p>
<p>Naval Personnel Command has announced a plan to consolidate several #USNavy Personnel Support Detachment and Customer Support Detachment locations. Find out how the customer service pay and personnel model will better serve our fleet.</p>	<p>Link</p>			<p>2/8/17 8:06 AM</p>
<p>Whether on duty, in uniform or at home, our online behavior must reflect the highest standards of character and conduct. Don't let Jeff down because anything that is unacceptable to say or do in person is also unacceptable online. Honor, Courage, Commitment – online, all the time. #NavyCyber</p>	<p>Photo</p>			<p>2/7/17 3:16 PM</p>

<p>Suicide prevention is not about the numbers; every life lost to suicide is one too many. Find out how the now fleet-wide SAIL program will provide rapid assistance, on-going risk assessment and support for our #USNavy Sailors who have exhibited suicide-related behavior.</p>	<p>Link</p>			<p>2/7/17 9:03 AM</p>
<p>On this Trivia Tuesday: 73 years ago this month, we commissioned our first African-American officers. Q: What did the 12 #USNavy commissioned officers seen here and a warrant officer who received his rank at the same time become known as? A: http://go.usa.gov/x9FQr Today, integrating service members and civilians from diverse backgrounds into our force continues to allow the #USNavy to recruit and retain the nation's top talent from a wider pool of skilled personnel.</p>	<p>Photo</p>			<p>2/7/17 6:33 AM</p>
<p>Watch in slow motion as USS John Paul Jones (DDG 53) participated in a successful flight test Friday – the first intercept of a ballistic missile target using the Standard Missile-3 (SM-3) The SM-3 Block IIA is being developed cooperatively by the United States and Japan to defeat medium- and intermediate-range ballistic missiles.</p>	<p>Video</p>			<p>2/6/17 3:18 PM</p>

<p>On this Rundown: Help for eligible Sailors to decide whether the new Blended Retirement System is right for them, we're expanding on existing efforts to prevent destructive behaviors across the fleet, and more. Watch for details now.</p>	Video			2/6/17 7:46 AM
<p>The arrival of #USNavy E-2D Advanced Hawkeyes in Japan has brought enhanced capabilities to the region. Get to know the E-2D Advanced Hawkeye's improvements here.</p>	Link			2/5/17 6:11 PM
<p>Join us in congratulating the 14 top #USNavy recruiters of 2016. These Sailors visited the Pentagon and met with Chief of Naval Operations Adm. John Richardson and other senior Navy leadership last week. BZ shipmates!</p>	Photo			2/5/17 3:13 PM
<p>Multinational training like Exercise Cutlass Express 2017 helps our #USNavy build and improve on international partnerships while improving our warfighting capability to make us a stronger fighting force. Here's how.</p>	Link			2/5/17 9:54 AM
<p>When you think of #USNavy toughness, you should think of Brandon Myers and how becoming a SEAL prepared him for the fight of his life. This is his story...</p>	Link			2/4/17 6:07 PM

<p>African American History Month provides the #USNavy with an opportunity to recognize the contributions of African American Sailors and personnel – both past and present. Turn on your sound and listen as retired Fleet Master Chief April Beldo reflects on her time as a Sailor.</p>	<p>Video</p>			<p>2/4/17 3:13 PM</p>
<p>Listen as Chief of Naval Operations Adm. John Richardson discusses the four core attributes - Integrity, Accountability, Initiative, and Toughness - outlined in "A Design for Maintaining Maritime Superiority", and their role in today's #USNavy and leader development.</p>	<p>Link</p>			<p>2/4/17 9:04 AM</p>
<p>Watch to experience USS Enterprise (CVN 65)'s decommissioning ceremony. Friday marked the first decommissioning of a nuclear-powered aircraft carrier. Thanks "Big E" for your more than half a century of service!</p>	<p>Video</p>			<p>2/4/17 6:37 AM</p>
<p>How well do you know #USNavy USS Enterprise (CVN 65)'s history? Test your knowledge of our first nuclear-powered aircraft carrier with Naval History & Heritage Command here, and check back for video of today's decommissioning ceremony.</p>	<p>Link</p>			<p>2/3/17 6:30 PM</p>

<p>Today we said fair winds and following seas to CVN-65 during its decommissioning ceremony. Take a look back at the making of USS Enterprise (CVN 65)'s legacy with Naval History & Heritage Command, and check back later to watch the ceremony.</p>	<p>Link</p>			<p>2/3/17 3:12 PM</p>
<p>As you get ready to start your weekend, watch as our newest Sailors graduate boot camp and get ready to start their #USNavy careers.</p>	<p>Video</p>			<p>2/3/17 6:45 AM</p>
<p>#HonorTheFallen: #USNavy SEAL William "Ryan" Owens, who was killed in action in the Arabian Peninsula of Yemen, has been posthumously advanced to senior chief petty officer.</p>	<p>Link</p>			<p>2/2/17 3:28 PM</p>
<p>The #USNavy must adapt in both quantity and quality addressing more complex rapidly evolving challenges. To help improve management of ship manning and personnel inventory for both the surface and submarine ratings, the Navy has established four new ratings for active duty Sailors. Find out what they are here.</p>	<p>Link</p>			<p>2/2/17 9:04 AM</p>

<p>USS Nimitz (CVN 68) transits Sinclair Inlet after getting underway from Puget Sound Naval Shipyard on Tuesday. Nimitz is conducting the Navy's Board of Inspection and Survey (INSURV), which is a periodic inspection to ensure the ship meets Navy standards to be ready to face a complex and quickly changing world.</p>	Photo			2/1/17 3:37 PM
<p>The decision to stay in the U.S. Department of Defense (DoD)'s current retirement system or opt-in to the Blended Retirement System is an important and irrevocable decision that eligible #USNavy Sailors must make based on their own individual circumstances. And help is available for Sailors to make that decision.</p>	Link			2/1/17 9:12 AM
<p>A diverse workforce allows the #USNavy to operate successfully around the globe by bringing together Sailors and civilians with different ideas, experiences, perspectives, capabilities and skill sets. This month, we join our nation in recognizing the contributions of African American Sailors and personnel both past and present.</p>	Link			2/1/17 6:39 AM

<p>Tuesday Trivia: The nuclear powered aircraft carrier has been, and will remain, the centerpiece of naval power projection at and from the sea. Tell us what year the #USNavy's first nuclear powered aircraft carrier USS Enterprise (CVN 65) was commissioned. Naval History & Heritage Command shares the answer and the legacy of ships named Enterprise.</p>	Link			1/31/17 3:12 PM
<p>Our nation faces a complex and quickly changing world, including at sea. That's why training like this visit, board, search, and seizure drill aboard USS WAYNE E. MEYER (DDG 108) is critical so our #USNavy Sailors are ready to provide on-call, scalable options to address these challenges.</p>	Photo			1/31/17 9:42 AM
<p>New Full Speed Ahead training continues the positive work we've done combating destructive behaviors while reinforcing #USNavy core attributes. Find out what's new and what's difference compared to Chart the Course and Bystander Intervention training that was conducted the past two years.</p>	Link			1/31/17 7:02 AM

<p>Honor the Fallen. Chief Special Warfare Operator William "Ryan" Owens was killed in action in Yemen Jan. 28. Chief Owens was assigned to an East Coast-based Special Warfare unit. We have the watch, Shipmate.</p>	<p>Link</p>			<p>1/30/17 3:19 PM</p>
<p>This week on the Rundown: Chief of Naval Operations Adm. John Richardson looks to help develop leaders, a new resource for financial literacy, one Sailor's experience in the career intermission program, and more. Watch for more details.</p>	<p>Video</p>			<p>1/30/17 9:04 AM</p>
<p>In order for our Seabees to build and to fight, they've got to be ready! Sailors assigned to NMCB FOUR got the chance to experience a different side of the #USNavy aboard USS SAN DIEGO (LPD 22)</p>	<p>Link</p>			<p>1/30/17 7:15 AM</p>
<p>"He was from a generation of people who were amazingly tough." That's how Ken Hartle's daughter, Karen Dahl, described her father who was the #USNavy's oldest surviving Pearl Harbor salvage diver. On Tuesday, he died at the age of 103. We have the watch shipmate.</p>	<p>Link</p>			<p>1/29/17 11:12 AM</p>

<p>If you could serve on any #USNavy surface ship, which one would it be? 244 midshipmen at the United States Naval Academy got that opportunity during #ShipSelection Night on Thursday.</p>	Link			1/28/17 9:13 AM
<p>Advancing directed energy supports the #USNavy's effort to strengthen naval power at and from the sea. Watch to come along as Chief of Naval Operations Adm. John Richardson reviewed directed energy systems and weapons being developed and tested U.S. Army White Sands Missile Range.</p>	Video			1/27/17 3:37 PM
<p>If you're experiencing any technical difficulties, you can switch over to our Facebook page at Facebook.com/USNavy.</p>	Link			1/27/17 8:32 AM
<p>Before you get your weekend underway, watch as our newest Sailors get their #USNavy careers underway during their boot camp graduation today at 9:45 a.m. ET.</p>	Video			1/27/17 6:45 AM
<p>A NAVADMIN released today updates several previously announced uniform policy changes. Get the details here.</p>	Link			1/26/17 3:52 PM
<p>On this Throwback Thursday, we're going back to this day in 1913, the body of #USNavy legend John Paul Jones is laid in its final resting place at the United States Naval Academy.</p>	Photo			1/26/17 9:53 AM

<p>Today on #NationalSpousesDay, we honor our #USNavy spouses that embody ideals we cherish: strength, loyalty, and commitment. They stand beside those who stand behind our flag, giving their all and making tremendous sacrifices.</p>	Photo			1/26/17 6:58 AM
<p>Just like the weapons systems we use, our personnel system needs updates to keep pace with a rapidly changing world. Find out how our #Sailor2025 program is working to more effectively recruit, train and manage the force of tomorrow while improving #USNavy warfighting readiness.</p>	Link			1/25/17 6:42 PM
<p>In case you missed it: Chief of Naval Operations Adm. John Richardson released the Navy Leader Development Framework that outlines how the #USNavy will develop leaders to demonstrate both operational excellence and strong character.</p>	Video			1/25/17 3:12 PM
<p>A new application for mobile devices designed to enhance financial literacy for #USNavy Sailors is available to help provide the latest info on the Blended Retirement System that goes into effect in 2018.</p>	Link			1/25/17 9:15 AM

<p>Chief of Naval Operations Adm. John Richardson released the Navy Leader Development Framework today. This document outlines how the #USNavy will develop leaders to demonstrate both operational excellence and strong character. Check out this #31for31 for more information.</p>	Video			1/25/17 6:30 AM
<p>A team of #USNavy scientists and engineers at Naval Surface Warfare Center, Panama City Division (NSWC PCD) have successfully recreated a natural material used for marine wildlife defense to assist military personnel.</p>	Link			1/24/17 3:24 PM
<p>For those Sailors looking for an opportunity to take a sabbatical from the #USNavy, the Career Intermission Program might be for you.</p>	Link			1/24/17 9:39 AM
<p>Caption this! If you want to know what's really happening, visit http://bitly.com/2jNs9d9</p>	Photo			1/24/17 7:02 AM
<p>BZ to the Sailors aboard USS MAKIN ISLAND (LHD 8) for proving why the #USNavy is 100 percent on watch around the globe.</p>	Link			1/23/17 3:49 PM
<p>Navy Cargo Handling Battalion ONE (NCHB-1) Sailors returned to McMurdo Station, Antarctica, in support of the National Science Foundation (NSF) annual resupply mission in support of Operation Deep Freeze.</p>	Link			1/23/17 9:39 AM

<p>This week on the Rundown: we say farewell to a fleet master chief, the Naval War College has more ways #USNavy Sailors can earn a college degree, and the latest from the Every Sailor Every Day campaign. Watch for more details</p>	Video			1/23/17 6:33 AM
<p>In case you missed it: Secretary of Defense James Mattis became our 26th #SecDef on Friday. The next day, he got right to work, meeting with our deputy SecDef, chairman of the Joint Chiefs of Staff, and vice chairman of the Joint Chiefs of Staff at the Pentagon.</p>	Link			1/22/17 6:54 AM
<p>Fair winds and following seas to our shipmates aboard USS George H.W. Bush (CVN 77) which got underway today for its regularly-scheduled deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet. Do you have any words of encouragement for your #USNavy Sailors?</p>	Photo			1/21/17 5:26 PM
<p>Did you recognize a familiar #USNavy voice during Friday's inauguration? BZ to United States Navy Band's Chief Musician Courtney Williams who served as public address announcer!</p>	Photo			1/21/17 10:19 AM

<p>Follow along as the #USNavy USS George H.W. Bush (CVN 77), seen here in a file photo, and the carrier strike group gets underway today for its regularly-scheduled deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet.</p> <p>📰 Story: http://bitly.com/2jD6dUm  Video: http://bitly.com/2j71idv</p>	Link			1/21/17 5:31 AM
<p>MATTIS SENDS: "... I am confident you will do your part. I pledge to you I'll do my best as your Secretary." Read the rest of #SecDef James Mattis' message to the U.S. Department of Defense (DoD) here.</p>	Link			1/20/17 6:54 PM
<p>It's official! Meet your U.S. Department of Defense (DoD) #SecDef, Gen. (Ret.) James Mattis who was sworn in just moments ago by Vice President Mike Pence. Welcome back aboard, Sir!</p>	Photo			1/20/17 4:57 PM
<p>More than 5,000 #USNavy Sailors, Marines and Coast Guardsmen will participate in the 29th Fleet Week New York, May 24-30. Will YOU be there? Tell us YOUR favorite Fleet Week moments from years past!</p>	Link			1/20/17 3:17 PM
<p>The Honorable Sean J. Stackley assumed the responsibilities of acting Secretary of the Navy Jan. 20 at noon.</p>	Link			1/20/17 9:53 AM

<p>6,000 Sailors attached to the USS George H.W. Bush (CVN 77) Carrier Strike Group will depart Norfolk and Mayport, Fla., for a regularly-scheduled deployment.</p>	<p>Link</p>			<p>1/19/17 6:10 PM</p>
<p>The Improved Flame Resistant Variant coverall is now an approved fleet organizational clothing item. Details on what that means for Sailors and when they'll start to see them here.</p>	<p>Link</p>			<p>1/19/17 3:11 PM</p>
<p>Fair winds and following seas, shipmate! Fleet Master Chief April Beldo, one of the #USNavy's most accomplished master chiefs, retires after 34 years of faithful service.</p>	<p>Link</p>			<p>1/19/17 9:12 AM</p>
<p>Secretary of the Navy Ray Mabus is the 75th U.S. Secretary of the Navy, the longest to serve as leader of the #USNavy and U.S. Marine Corps since World War I. Read SECNAV Mabus' remarks from his farewell tribute ceremony.</p>	<p>Link</p>			<p>1/18/17 3:12 PM</p>
<p>No matter where you are, find out how the College of Distance Education at Naval War College is providing superlative education to students around the globe, helping develop leaders and encourage excellence the world over.</p>	<p>Link</p>			<p>1/18/17 9:22 AM</p>

<p>This is your fleet and these are your #USNavy Sailors! These fine men and women are leading from the deck plates and completing missions around the globe. #GoNavy http://bitly.com/2jwOVS</p>	Link			1/18/17 6:33 AM
<p>USS Bataan (LHD 5) conducts a live-fire exercise with the ship's RIM 116 Rolling Airframe Missile weapon system in the Atlantic Ocean, Jan. 11, in preparation for its upcoming deployment.</p>	Photo			1/17/17 4:27 PM
<p>First-term #USNavy Sailors on sea duty can now elect to extend their expiration of active obligated service to complete their sea duty assignment. All Hands Magazine explains the five things you need to know.</p>	Link			1/17/17 9:12 AM
<p>This week on the Rundown: A new way to chat with Navy Detailers, Chief of Naval Personnel - N1 visits U.S. Pacific Fleet Sailor, and more. Watch for all of the details.</p>	Video			1/17/17 6:33 AM
<p>Fair winds and following seas, shipmate! Retired #USNavy Captain Eugene Cernan - the last man on the moon and a naval aviator - died today, NASA - National Aeronautics and Space Administration announced today. We have the watch, shipmate.</p>	Link			1/16/17 4:11 PM

<p>Today we celebrate the late Dr. Martin Luther King, Jr.'s legacy. Dr. King devoted his life to service, organizing rallies and events during the American civil rights movement, a movement influential in #USNavy policy changes, leading to the diverse Fleet we have today. What does Dr. King's legacy mean to you?</p>	Photo			1/16/17 9:06 AM
<p>"Today we honor some of our nation's finest heroes, not just for their individual acts of courage and bravery in the face of danger, but for the everyday selflessness that they and their peers demonstrate." - Secretary of the Navy Ray Mabus</p>	Link			1/14/17 9:12 AM
<p>On this day in 1967, the #USNavy established The office of the Senior Enlisted Advisor to the Chief of Naval Personnel. Master Chief Gunner's Mate Delbert D. Black was appointed to the position. In March of that same year, the position was renamed to Master Chief Petty Officer of the Navy (MCPON). Learn more about MCPON Black and the office of the MCPON at Naval History & Heritage Command #MCPON50</p>	Link			1/13/17 3:12 PM
<p>"I am here to paint the big picture of Sailor 2025. My main job is to make sure that the fleet is fully manned." - Vice Adm. Robert Burke Chief of Naval Personnel - N1</p>	Link			1/13/17 9:12 AM

<p>Before the Surface Navy Association's National Symposium wrapped up Thursday, we talked to our top SWO about how #USNavy distributed lethality increases our reach and ability to control the sea. Turn on your sound to hear Vice. Adm. Tom Rowden's answers.</p>	<p>Video</p>			<p>1/13/17 5:37 AM</p>
<p>"We've got to keep one eye on today and be ready to fight tonight. When we deploy, we have to ensure those ships are ready for what's on the horizon, but also keep an eye on the future." - Secretary of the Navy Ray Mabus at the Surface Navy Association Symposium on Wednesday.</p>	<p>Link</p>			<p>1/12/17 6:25 AM</p>
<p>WATCH LIVE: What's ahead for the Surface Navy? #USNavy Rear Adm. Ron Boxall is at the Surface Navy Association's 29th annual National Symposium with a look ahead. ♦ The symposium highlights the doctrine of distributed lethality as a valuable warfare strategy that enhances naval power at and from the sea.</p>	<p>Video</p>			<p>1/11/17 9:08 AM</p>

<p>The Surface Navy Association's 29th annual National Symposium highlights the doctrine of distributed lethality as a valuable warfare strategy that enhances #USNavy power at and from the sea. As Wednesday's sessions get underway, catch-up on discussions sessions about "Distributed Lethality: Enabling #SeaControl.</p>	Link			1/11/17 6:43 AM
<p>#USNavy toughness could be defined by United States Naval Academy Midshipman Jonathan Dennler's heroism following a deadly storm on a camping trip. After you read his story, you'll want to give him a BZ in the comments below!</p>	Link			1/10/17 6:11 PM
<p>#SeaControl is critical to ensuring global stability, national security and the safety of international sea lanes. Turn on your sound to learn how #USNavy distributed lethality increases our reach and ability to control the sea.</p>	Video			1/10/17 2:52 PM
<p>LIVE NOW: Our top SWO explains how #USNavy Distributed Lethality returns us to #SeaControl in a complex and quickly changing world.</p>	Link			1/10/17 10:07 AM

<p>On this day in 2009, the #USNavy commissioned the 10th and final nuclear-powered Nimitz-class carrier, USS George H.W. Bush (CVN 77) in front of thousands attending a pierside ceremony at Naval Station Norfolk.</p>	Photo			1/10/17 7:13 AM
<p>A centuries-old tradition dating back to the inauguration of President George Washington continues with the help of the US Navy Ceremonial Guard. Take a look from the 58th Presidential Inauguration - Joint Task Force National Capital Region here.</p>	Video			1/9/17 6:08 PM
<p>As a maritime nation, we rely on open oceans for prosperity and security. Our top SWO explains how #USNavy Distributed Lethality returns us to #SeaControl in a complex and quickly changing world.</p>	Link			1/9/17 3:23 PM
<p>MEDITERRANEAN SEA (Dec. 28, 2016) The guided missile destroyer USS Porter (DDG 78) fires a five-inch gun during a live-fire exercise. Porter, forward-deployed to Rota, Spain, is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe. (U.S. Navy photo by Mass Communication Specialist Seaman Ford Williams/Released)</p>	Photo			1/9/17 9:42 AM

<p>This week on the Rundown: we're highlighting resources to help you with your PCS move, a program that gives you the chance to take a break from #USNavy, and how you can better manage your money in 2017. Watch for more details.</p>	Video			1/9/17 7:03 AM
<p>The United States faces a complex and quickly changing world, which is reflected at sea. Watch for a preview of how distributed lethality will return our #USNavy Surface Warriors to sea control. Stay tuned throughout the week.</p>	Video			1/8/17 4:33 PM
<p>USS Dwight D. Eisenhower (CVN 69) Carrier Strike Group's on time return was more than a good thing for its Sailors and their families. See why its deployment is an example of rotating our #USNavy force and surging it if necessary.</p>	Link			1/8/17 7:21 AM
<p>Sweepers, sweepers, man your brooms – rather your shovels! #USNavy USS George Washington (CVN 73), seen here Saturday in Norfolk, saw wintry weather today as part of the region's first winter storm of 2017. The ship is preparing to move to Newport News, Virginia, for its refueling complex (RCOH) maintenance.</p>	Photo			1/7/17 2:20 PM

<p>Honoring the Fallen. Fulfilling our Nation's Promise. A U.S. flag is presented to the niece of #USNavy Water Tender First Class Walter Henry Sollie on Friday. Her uncle was killed in the Pearl Harbor attack aboard USS Oklahoma (BB 37). Recently, the Defense POW / MIA Accounting Agency identified his remains through a DNA match. Yesterday, his funeral was held in Pensacola. We have the watch shipmate.</p>	Photo			1/7/17 7:17 AM
<p>A #USNavy E-2C Hawkeye prepares to launch from USS Carl Vinson (CVN 70) in the Pacific Ocean, January 5. The Carl Vinson Carrier Strike Group will report to U.S. 3rd Fleet, headquartered in San Diego, while deployed to the Western Pacific as part of the U.S. Pacific Fleet-led initiative to extend the command and control functions of 3rd Fleet into the region.</p>	Photo			1/6/17 2:32 PM
<p>Watch live as the Department of the #USNavy says farewell to our 75th Secretary of the Navy Ray Mabus at Marine Barracks Washington 8th & I.</p>	Video			1/6/17 7:05 AM

<p>"Our forward presence contributes to freedom of navigation and lawful use of the sea, as well as furthers operational training and enabling the exchange of culture, skills, and tactical knowledge." - Rear Adm. James W. Kilby Commander, Carrier Strike Group 1</p>	<p>Link</p>			<p>1/5/17 6:13 PM</p>
<p>On this Throwback Thursday, we're going back to 2016 - a year of integrity, accountability, initiative and toughness in the #USNavy. A lot happened last year. So, watch until the end and tell us your favorite moment in the comments below.</p>	<p>Video</p>			<p>1/5/17 11:13 AM</p>
<p>Airman Apprentice Andrew Mackey performs evening colors aboard #USNavy USS Carl Vinson (CVN 70) yesterday. Today, the carrier strike group begins to deploy on a regularly-scheduled deployment to the Western Pacific where it will conduct bilateral exercises in the Indo-Asia-Pacific region.</p>	<p>Photo</p>			<p>1/5/17 6:17 AM</p>

<p>Practice makes perfect! #USNavy Sailors assigned to Surface Warfare Detachment 2 aboard USS CORONADO (LCS 4) participate in visit, board, search and seizure training Jan. 3 in Changi, Singapore. Coronado is a fast and agile warship tailor-made to patrol Asian Pacific littorals and work hull-to-hull with partner navies, providing U.S. 7th Fleet with the flexible capabilities it needs now and in the future.</p>	Photo			1/4/17 9:28 AM
<p>Do you have questions about military moves for a permanent change of station, retirement or separation? Then, you'll want to participate in one of these upcoming live webinars starting next week.</p>	Link			1/4/17 6:37 AM
<p>Make it your mission to start 2017 with optimism. Positive thinking can help keep stress in check and improve your mood. Use this final #USNavy #FITmasTime tip and others that we shared to continue prioritizing your health in the new year.</p>	Link			1/3/17 10:05 AM
<p>Mark your calendars now: Tax returns are due April 18. All Hands Magazine explains why you may not receive your refund as early as in previous years.</p>	Link			1/3/17 6:49 AM

<p>Watch for all the Monday Motivation you'll need in 2017: A mother being reunited with her USS Nitze DDG 94 Sailor on Friday after the ship's 7-month deployment.</p>	Video			1/2/17 3:14 PM
<p>Financial challenges can be a significant source of anxiety. Give yourself a solid financial foundation in 2017 by setting up an emergency fund, making saving a habit and thoughtfully thinking through purchases. Get more #FITmasTime tips at http://bitly.com/2iWSUtW.</p>	Photo			1/2/17 7:57 AM
<p>To our entire #OneNavyTeam, thanks for everything you did last year. Our work continues in 2017 to strengthen naval power at and from the sea, achieve high-velocity learning at every level, strengthen our #USNavy team for the future, and expand and strengthen our network of partners.</p>	Video			1/1/17 3:13 PM
<p>USS Dwight D. Eisenhower (CVN 69) Sailors are spending their first holiday with their families in seven months after Ike's deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet. Take another look at Friday's homecoming here.</p>	Video			1/1/17 11:14 AM

Start 2017 strong by resolving to focus on your physical fitness. Engaging in regular physical activity is one of the most vital things that #USNavy Sailors of all ages can do to improve their health - both psychological and physical. Get more #FITmasTime tips at <http://j.mp/2iV1y0k>

Photo

1/1/17 7:10 AM

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Post Message	Type	Countries	Languages	Posted
U.S. Navy	Photo			4/30/17 7:23 PM
Although Sexual Assault Awareness and Prevention Month is coming to an end, our #OneNavyTeam's work continues to eliminate the crime of sexual assault and ensure our team members are treated with dignity and respect because protecting our people protects our mission.	Photo			4/30/17 8:06 AM
#USNavy forces – like USS Carl Vinson (CVN 70) – provide on-call scalable options to address a changing world's challenges, and the ship's Sailors have the ammunition to do that thanks to Helicopter Sea Combat Squadron FOUR, HSC-4 and USNS Richard E. Byrd (T-AKE 4).	Video			4/29/17 3:20 PM
Watch to help celebrate the christening of our future USS Indiana (SSN 789). Learn more about the next-generation attack submarine at https://go.usa.gov/x55Jj .	Video			4/29/17 8:08 AM

<p>Watch and wait for the flyover as USS Carl Vinson (CVN 70), USS Lake Champlain (CG 57), USS Wayne E. Meyer (DDG 108) and USS Michael Murphy (DDG 112) transited the Philippine Sea today with two Japan Maritime Self Defence Force destroyers. For more than 70 years, we've been routinely patrolling the Indo-Asia-Pacific to promote regional peace and security, and that continued today!</p>	<p>Video</p>			<p>4/28/17 3:16 PM</p>
<p>On this National Superhero Day, we remember that not all heroes wear capes....#USNavy Sailors, past and present, serve to protect and defend America. Tell us about your Navy hero.</p>	<p>Photo</p>			<p>4/28/17 6:44 AM</p>
<p>On this Throwback Thursday, we're going back to May 16, 2015: The keel laying ceremony for future USS Indiana (SSN 789). This Saturday, we'll christen our newest Virginia-class fast attack submarine. You can watch the ceremony here starting at 11 a.m. EDT.</p>	<p>Photo</p>			<p>4/27/17 3:31 PM</p>
<p>It's Take Our Daughters and Sons to Work Day. What would you tell your children about why you joined the #USNavy?</p>	<p>Photo</p>			<p>4/27/17 6:33 AM</p>

<p>Traumatic brain injuries can happen to anyone and not all TBIs are equal. All Hands Magazine shares how a retired Sailor's decision to seek treatment has put him on a mission to help others.</p>	<p>Link</p>			<p>4/26/17 5:23 PM</p>
<p>We're committed to learning and adapting faster – always getting better, striving to the limits of our performance. Watch live at 4 p.m. ET on the U.S. Marine Corps Facebook page for an example of how our #BlueGreenTeam is doing that.</p>	<p>SharedVideo</p>			<p>4/26/17 12:31 PM</p>
<p>Wednesday Wisdom: No matter how complex and quickly the world changes, the #USNavy will always fight to maintain prosperity and security on the open oceans.</p>	<p>Photo</p>			<p>4/26/17 6:31 AM</p>
<p>As a maritime nation, we rely on open oceans for prosperity and security. We maintain those open waters while expanding and strengthening our network of partners – like USS Carl Vinson (CVN 70) seen here transiting the Philippine Sea while conducting a bilateral exercise with the Japan Maritime Self Defense Force.</p>	<p>Photo</p>			<p>4/25/17 5:06 PM</p>

<p>Sexual assault is a serious crime, and we want victims to get the help they need. Help is always available through the Department of Defense Safe Helpline at 1-877-995-5247 or http://www.safehelpline.org. Turn on your sound to meet some of the people who are ready to help because protecting our people protects our mission.</p>	Video			4/25/17 9:21 AM
<p>"This visit is yet another example of the steadfast ROK and U.S. naval partnership." – Rear Adm. Brad Cooper U.S. Naval Forces Korea</p>	Link			4/25/17 6:46 AM
<p>Happy 71st birthday to the U.S. Navy Blue Angels! Watch to see some of this year's demonstrations, showcasing the pride and professionalism of the #USNavy and U.S. Marine Corps since 1946. Check out the team's schedule at https://go.usa.gov/x5kk5.</p>	Video			4/24/17 3:09 PM
<p>This week on the Rundown: the winners of a historic leadership awards have been announced, the #USNavy is looking for feedback on stress, and the creation of a response team to help prevent family violence.</p>	Video			4/24/17 10:21 AM

<p>"The seriousness in which I view these incidents is reflected in the seniority of those leading this review. They will provide a full and open accounting to our aviation community, their families and the public." - Vice Chief of Naval Operations Adm. Bill Moran</p>	Link			4/24/17 5:58 AM
<p>End your weekend with a bang – like USS Carney (DDG 64) firing its Mark 45 5-inch gun during a live-fire exercise during Flag Officer Sea Training 2017 in the Atlantic Ocean, April 18.</p>	Photo			4/23/17 3:12 PM
<p>Our #OneNavyTeam serves around the world to protect and defend America. These are some of those Faces of the Fleet...</p>	Link			4/23/17 6:37 AM
<p>More than 90 #USNavy commands are participating in Earth Day events this year. Take a look at how Sailors are doing their part to protect and preserve their Hawaii Nei (beloved Hawaii) – not just during this Earth Month, but always.</p>	Link			4/22/17 3:13 PM
<p>Our #USNavy chaplains provide more than religious support. The Chief of Chaplains of the Navy explains how they're part of our dedication to providing compassionate support to sexual assault victims regardless of their beliefs.</p>	Link			4/22/17 9:38 AM

<p>While today is Earth Day, #USNavy commands across the globe are showcasing their environmental stewardship throughout April as we take care of the environment year-round.</p>	Link			4/22/17 6:21 AM
<p>Drumroll, please. And our Shore Sailor of the Year is...</p>	Link			4/21/17 3:12 PM
<p>Start your weekend by watching our newest Sailors start their #UNavy careers as they graduate boot camp at Naval Station Great Lakes. Welcome aboard shipmates and your families!</p>	Video			4/21/17 6:45 AM
<p>Did you know tomorrow is #PurpleUp Day? The grassroots effort, which began in 2011, is an opportunity to wear purple to show your support for military children because our #KidsServeToo. We know our 'Grapes" will have no problem showing off the joint service color as they're protecting and defending our little shipmates and their families.</p>	Photo			4/20/17 3:27 PM
<p>Welcome home shipmates from USS CORONADO (LCS 4)'s maiden deployment! We know Crew 203 will continue to strengthen relationships and enhance interoperability with key maritime partners.</p>	Link			4/20/17 9:10 AM

<p>Our #KidsServeToo! Download this certificate to thank your child for their service and support during this Month of the Military Child and every day! You can also download it from https://go.usa.gov/x5xeh.</p>	Photo			4/19/17 3:12 PM
<p>Protecting our people protects our mission, and our sexual assault victim advocates are an important part of that. These specially trained volunteers provide victims essential non-clinical support and information about options and resources, and also maintain contact with them as needed for continued support.</p>	Video			4/19/17 9:05 AM
<p>Just a few hours ago, Vice President Mike Pence spoke to service members on USS Ronald Reagan (CVN 76)'s flight deck during his first official travel to the Asia-Pacific region.</p>	Link			4/19/17 6:35 AM
<p>LIVE NOW: Watch as Vice President Mike Pence delivers remarks aboard USS Ronald Reagan (CVN 76) as part of his first official travel to the Asia-Pacific region.</p>	Video			4/18/17 6:23 PM
<p>LIVE 9 P.M. ET: Join us here for Vice President Mike Pence's live remarks aboard USS Ronald Reagan (CVN 76) as part of his first official travel to the Asia-Pacific region</p>	Link			4/18/17 3:13 PM

<p>Today marks 75 years since the Doolittle Raid, which reinvigorated our country's morale following the Pearl Harbor attack. Watch this 1943 US National Archives video to witness the toughness demonstrated during this joint operation between the #USNavy and the U.S. Army Air Forces. Learn more from Naval History & Heritage Command at https://go.usa.gov/x5qUb</p>	Video			4/18/17 9:50 AM
<p>Our future USS Gerald R. Ford - CVN 78 will bring with it 4.5 acres of diplomacy and improved #USNavy warfighting, increased operational availability, as well as reduced operating costs and crew size when it joins our fleet. Let's go inside its builders sea trials – a milestone that marked another step closer to that happening.</p>	Link			4/18/17 7:08 AM
<p>Corpsman up! BZ shipmate! "As soon as I knew that I could be of assistance, I just resorted back to what I learned from my [training as] a corpsman." – Hospital Corpsman Christopher Marroquin</p>	Link			4/17/17 3:13 PM
<p>This week on the Rundown: 6 things to know about SAPR reporting, the #USNavy recognizes Alcohol Awareness Month with a new mobile app to promote drinking responsibly.</p>	Video			4/17/17 9:12 AM

<p>Flight operations are expected to resume today using a modified mask while we continue to work to identify the root cause of recent physiological episodes and have identified a solution. More on the planned way ahead this week here...</p>	Link			4/17/17 6:36 AM
<p>From training to provide options to protect and defend America... to executing those options, our #USNavy Sailors have been busy. Take a look at how they've been operating forward.</p>	Link			4/16/17 4:35 PM
<p>Our Navy Weeks introduce communities without a #USNavy presence to Navy life and how our Sailors protect and defend America. Let's visit our most recent Navy Week along the Mississippi Gulf Coast.</p>	Link			4/16/17 7:05 AM
<p>In case you missed it, our submarine force celebrated 117 years of Silent Service earlier this week. Test your knowledge here and tag a friend to see who knows more!</p>	Link			4/15/17 3:29 PM
<p>The wait is over! The video is here. We apologize for the delay. Thanks for your patience! Welcome to the Navy family.</p>	Link			4/15/17 11:16 AM
<p>Our future USS Gerald R. Ford - CVN 78 is back from builder's sea trials. The next generation aircraft carrier remains on track to conduct acceptance trials and delivery to the #USNavy this spring.</p>	Link			4/15/17 6:11 AM

<p>This new policy is in response to continued reports of explosions of ENDS due to the overheating of lithium-ion batteries. Multiple Sailors have suffered serious injuries from these devices, to include first- and second-degree burns and facial disfigurement.</p>	<p>Link</p>			<p>4/14/17 3:52 PM</p>
<p>Initiative, one of our core attributes, happens in different ways – both personally and professionally. Listen as Chief of Naval Operations Adm. John Richardson talks about the initiative demonstrated by USS Ross’ readiness and how initiative is part of ensuring #NoBystanders in our #OneNavyTeam.</p>	<p>Link</p>			<p>4/14/17 9:41 AM</p>
<p>We apologize for the technical problems about the live feed. However, we're recording it and will post it later today at this address. Thank you for your understanding and welcome aboard to our Navy family!</p>	<p>Link</p>			<p>4/14/17 7:12 AM</p>
<p>BZ to our Sailors aboard our future USS Gerald R. Ford - CVN 78 for their readiness during the ship's sea trials to help a Sailor in need. Read and then share to give a BZ too!</p>	<p>Link</p>			<p>4/14/17 6:35 AM</p>

<p>It's a complex and changing world. Training like this live-fire exercise aboard USS America (LHA 6) is one way that we're always preparing to provide on-scale options. The exercise – seen here looped in slow motion – tested the ship's defenses by destroying a drone using its self-defense Rolling Airframe Missile system.</p>	<p>Video</p>			<p>4/13/17 3:57 PM</p>
<p>See something wrong? Do something right! Did you know that NCIS - Naval Criminal Investigative Service has three ways – text, web and app – to report a crime and issues like direct knowledge of explicit photos taken without consent? Find out more here...</p>	<p>Link</p>			<p>4/13/17 9:21 AM</p>
<p>Time is of the essence if a submarine's pressurized steam lines rupture. Dive deeper into the new damage control equipment we're testing to better protect our Sailors when making emergency repairs or rescuing their shipmates.</p>	<p>Link</p>			<p>4/13/17 6:21 AM</p>
<p>Each of us has a role to play in preventing, reporting and eliminating sexual assault and harassment as well as other toxic behaviors. LISTEN and then SHARE because the message is clear: There can be #NoBystanders in our #OneNavyTeam. Period.</p>	<p>Video</p>			<p>4/12/17 3:12 PM</p>

<p>The USS Dwight D. Eisenhower (CVN 69) Strike Group returned home just a few months, but that doesn't mean its Sailors aren't maintaining their readiness to deploy anywhere in the world on short notice if needed.</p>	<p>Link</p>			<p>4/12/17 6:32 AM</p>
<p>We have a special Tuesday Trivia for you! How well do you know the #USNavy's Submarine Force? Test your knowledge and help celebrate 117 years of Silent Service.</p>	<p>Link</p>			<p>4/11/17 3:08 PM</p>
<p>Expanding and strengthening our network of partners isn't something just for senior #USNavy leaders. Listen to hear why this line of effort in Chief of Naval Operations Adm. John Richardson's "A Design for Maintaining Maritime Superiority" matters.</p>	<p>Link</p>			<p>4/11/17 8:57 AM</p>
<p>Each of us has a role to play in preventing, reporting and eliminating sexual assault because protecting our people protects our mission. It is important to know the reporting options if you or a shipmate is a victim of sexual assault. Here are six things you need to know and understand.</p>	<p>Link</p>			<p>4/11/17 6:45 AM</p>

<p>"The Navy and our industry partners are excited to have the future USS Gerald R. Ford - CVN 78 underway under her own power for the first time, executing a rigorous and comprehensive test program for this first-of-class ship." - Rear Adm. Brian Antonio Program executive officer for aircraft carriers</p>	Photo			4/10/17 6:19 PM
<p>On this National Siblings Day, we'd like to give a big HOOYAH to our sister services – U.S. Army, U.S. Marine Corps, United States Air Force and U.S. Coast Guard – that join us in the fight to protect and defend America! #OneTeam, #OneFight!</p>	Photo			4/10/17 3:14 PM
<p>Lacking Monday motivation? Sailors aboard our future USS Gerald R. Ford - CVN 78 probably aren't having that problem. This weekend, they got underway under the ship's own power for the first time to execute a rigorous and comprehensive test program of their first-of-class ship.</p>	Video			4/10/17 9:49 AM
<p>This week on the Rundown: Quotas and updates are out for the 2017 Meritorious Advancement Program, #USNavy charts the course for the future, and Chief of Naval Personnel - N1 brings Sailor 2025 to Sea Air Space.</p>	Video			4/10/17 6:33 AM

U.S. Navy	Photo			4/10/17 4:28 AM
It's not often that your BZ comes from your Commander-in-Chief President Donald J. Trump aboard Air Force One.	Link			4/9/17 5:52 PM
In case you missed it: Our future USS Paul Ignatius (DDG 117) is now another step closer to joining the #USNavy's fleet. Turn on your sound to experience some of Saturday's christening ceremony.	Video			4/9/17 3:13 PM
Forward and flexible. At the direction of U.S. Pacific Command, the USS Carl Vinson (CVN 70) Carrier Strike Group – seen here in a file photo – is proceeding north from Singapore to operate in the Western Pacific rather than conducting previously planned visits to Australia.	Link			4/9/17 8:28 AM
The #USNavy's future USS Gerald R. Ford - CVN 78 is underway under its own power for the first time, executing a rigorous and comprehensive test program for this first-of-class ship.	Link			4/8/17 3:48 PM
Today, our future USS Paul Ignatius (DDG 117) will be another step closer to joining our fleet, helping us to adapt in both quantity and quality to address more complex, rapidly evolving challenges.	Link			4/8/17 6:52 AM

<p>When we talk about the #USNavy providing on-call, scalable options to address challenges in a changing world, the firing of 59 Tomahawk missiles into Syria is an example of that. Here's why...</p>	Link			4/7/17 6:13 PM
<p>The countdown is on until the #USNavy hosts the U.S. Department of Defense (DoD) Warrior Games in Chicago, and this year marks a first for the competition where athletes will demonstrate their enduring warrior spirit.</p>	Link			4/7/17 3:11 PM
<p>In case you missed it last night: The United States fired 59 Tomahawk missiles from USS Porter and USS Ross in the eastern Mediterranean Sea into Syria in retaliation for the regime of Bashar Assad using nerve agents to attack his own people.</p>	Link			4/7/17 7:13 AM

<p>From the U.S. Department of Defense (DoD): At the direction of the president, U.S. forces conducted a cruise missile strike against a Syrian Air Force airfield today at about 8:40 p.m. EDT (4:40 a.m., April 7, in Syria). The strike targeted Shayrat Airfield in Homs governorate, and were in response to the Syrian government's chemical weapons attack April 4 in Khan Sheikhoun, which killed and injured hundreds of innocent Syrian people, including women and children. More details at http://go.usa.gov/xXQ7v</p>	Video			4/6/17 8:05 PM
<p>Fair winds and following seas, John Glenn – member of our Department of the Navy family as a U.S. Marine Corps fighter pilot, legendary NASA - National Aeronautics and Space Administration astronaut and U.S. senator. Today, he was laid to rest at Arlington National Cemetery. He passed away Dec. 8, 2016, at age 95.</p>	Photo			4/6/17 3:42 PM
<p>The location of the first American shots in World War I, which the United States entered 100-years-ago today, may surprise you. Naval History & Heritage Command explains. Then and now, the #USNavy provides on-call scalable options in a changing world.</p>	Link			4/6/17 6:05 AM

<p>The pause, which is in response to concerns raised by T-45C pilots over the potential for physiological episodes, will allow time for naval aviation leadership to engage with the pilots, hear their concerns and discuss the risk mitigation efforts that are ongoing to correct this issue.</p>	Link			4/5/17 6:14 PM
<p>On this Gold Star Spouses Day and everyday, we honor the families of our fallen shipmates for their service and sacrifice.</p>	Photo			4/5/17 10:26 AM
<p>While April is Sexual Assault Awareness and Prevention Month, the prevention, reporting and elimination of sexual assault is always an all-hands responsibility. Protecting our people to protect our mission starts with you. Share to spread the word.</p>	Link			4/4/17 5:56 PM
<p>Are you expecting to PCS this summer? With permanent change of station orders being issued later than normal due to a continuing resolution for fiscal year 2017, there are a few things you need to know to make your move less stressful.</p>	Link			4/4/17 3:23 PM

<p>Get energized to maintain our edge in today's competitive world. Chief of Naval Operations Adm. John Richardson shares how directed energy like lasers will be a transformational technology that must be done fast and right so the #USNavy is the first on the field with this capability.</p>	<p>Link</p>			<p>4/4/17 9:38 AM</p>
<p>In recognition of Sexual Assault Awareness and Prevention Month, we've changed our profile picture to teal - symbolic of the teal ribbons that are used to mark the month. The April awareness month is designed to build momentum for year-round efforts to eliminate the crime of sexual assault, while making sure all Sailors are treated with dignity and respect. Protecting our People, Protects our Mission!</p>	<p>Photo</p>			<p>4/4/17 9:06 AM</p>
<p>In today's complex and quickly changing world, how are our partnerships a "collective insurance policy?" Turn on your sound as Adm. Bill Moran explained on Monday at the nation's largest maritime expo, Sea Air Space – just outside of Washington, D.C.</p>	<p>Video</p>			<p>4/4/17 6:24 AM</p>

<p>Honoring our past...to build our future inspired by toughness and integrity. The #USNavy celebrated Medal of Honor recipient Thomas Hudner Jr.'s service this weekend during the christening of the guided-missile destroyer that bears his name. His story is all the Monday motivation that you need.</p>	<p>Link</p>			<p>4/3/17 4:11 PM</p>
<p>This week on the Rundown: The enlisted advancement cycle has been announced, it is Sexual Assault Awareness and Prevention Month, and in case you missed it, big news regarding #USNavy GMTs. Watch for more details.</p>	<p>Video</p>			<p>4/3/17 9:04 AM</p>
<p>Sleep tight! Your #USNavy is on watch around the world, protecting and defending America.</p>	<p>Photo</p>			<p>4/2/17 6:15 PM</p>
<p>The #USNavy's largest rating will soon see significant training changes to provide ready and relevant training that will prepare them to manage the continuum of care in high-threat or complex environments.</p>	<p>Link</p>			<p>4/2/17 6:39 AM</p>

<p>No April Fool's Day joke! In case you missed it, we've ended online GMT to improve leader engagement opportunities, reduce administrative distractions and address our Sailors' frustration with current online training products. This is the way ahead...</p>	<p>Link</p>			<p>4/1/17 6:12 PM</p>
<p>Happy birthday to our chief petty officers! For 124 years, you've remained the hallmark of technical expertise and ship's knowledge. Celebrate by testing your knowledge of our deckplate leaders and backbone of our #USNavy then, today and beyond! Navy chief! Navy pride!</p>	<p>Link</p>			<p>4/1/17 5:35 AM</p>
<p>Ahead of Saturday's 124th birthday of the #USNavy chief petty officer, we asked you what your chief taught you about integrity, accountability, initiative and toughness. Check out some of the responses and add your own response in our blog here.</p>	<p>Link</p>			<p>3/31/17 5:00 PM</p>
<p>Starting Saturday, we'll observe Sexual Assault Awareness and Prevention Month. Remember each member of our #OneNavyTeam has a role to play in preventing, reporting and eliminating sexual assault – not just in April, but always because protecting our people protects our mission.</p>	<p>Link</p>			<p>3/31/17 9:40 AM</p>

<p>Our female Sailors and civilians – like Angela Moran – have a rich history of service in the #USNavy. Turn on your sound to listen why the United States Naval Academy professor says one of her contributions to our #OneNavyTeam was life changing for her. BZ Professor Moran!</p>	<p>Video</p>			<p>3/31/17 7:17 AM</p>
<p>Saturday, we'll christen the future USS Thomas Hudner (DDG 116). Read to learn more about the #USNavy's newest guided-missile destroyer.</p>	<p>Link</p>			<p>3/30/17 3:27 PM</p>
<p>In this #31for31, Chief of Naval Operations Adm. John Richardson delivered a keynote address to the 2017 Directed Energy Summit in Washington, DC. Watch for some of the highlights.</p>	<p>Video</p>			<p>3/30/17 9:04 AM</p>
<p>This Saturday, we'll mark 124 years of deckplate leadership by our #USNavy chiefs. Tell us what your chief taught you about integrity, accountability, initiative and toughness. We'll share some of your answers later this week.</p>	<p>Photo</p>			<p>3/29/17 3:46 PM</p>
<p>Our #USNavy Sailors serve around the world, around the clock to protect and defend America. Here's a look at some of our "Faces of the Fleet"...</p>	<p>Link</p>			<p>3/29/17 6:25 AM</p>

<p>In this #31for31, Chief of Naval Operations Adm. John Richardson met in #London with the First Sea Lord of the United Kingdom, Adm. Sir Philip Jones, Royal Navy and Chief of Naval Staff, Adm. Christophe Prazuck, Marine Nationale, affirming their commitment to increased interoperability.</p>	<p>Video</p>			<p>3/28/17 3:27 PM</p>
<p>TUESDAY TRIVIA: Female Sailors and civilians have a long and distinguished legacy of service in our #USNavy. Do you know the name of the first female to be presented the Navy Cross? CLUE: This Chief Nurse received the Navy Cross for her leadership of the Navy Nurse Corps during World War I. Tell us your answer in the comments below.</p>	<p>Link</p>			<p>3/28/17 9:34 AM</p>
<p>Watch Chief of Naval Operations Adm. John Richardson's all-hands call live from Rota Spain.</p>	<p>SharedVideo</p>			<p>3/28/17 5:03 AM</p>
<p>We've heard the feedback from the Fleet that online training is ineffective and impersonal. Now, we want to tell you what we've done about it.</p>	<p>Link</p>			<p>3/27/17 3:19 PM</p>
<p>Vice Chief of Naval Operations Adm. Bill Moran discusses the need for a bigger and more capable #USNavy, the idea of wholeness, and the importance of people. in the latest Soundings podcast. Listen here!</p>	<p>Link</p>			<p>3/27/17 11:36 AM</p>

<p>This week on the Rundown: Chief of Naval Operations Adm. John Richardson addresses stopping toxic behavior, 5 things you need to know about conducting yourself online, and more.</p>	<p>Video</p>			<p>3/27/17 7:22 AM</p>
<p>Navy Weeks allow us to bring our #USNavy home. In Austin, it was also an opportunity to remember more than 3,400 Texans who gave their lives so others might be free.</p>	<p>Link</p>			<p>3/26/17 3:29 PM</p>
<p>Our female Sailors and civilians – like Allison Stiller – have a long and distinguished legacy of service in our #USNavy. On Jan. 20, she began performing the duties of our assistant secretary of the Navy for Research Development & Acquisition.</p>	<p>Video</p>			<p>3/26/17 6:17 AM</p>
<p>Join us in honoring the recipients of our nation's highest medal for valor in combat. On this day in 1863, the first Medals of Honor were presented. Today, learn about our shipmates who earned it for their conspicuous gallantry and intrepidity at the risk of life, above and beyond the call of duty.</p>	<p>Link</p>			<p>3/25/17 6:55 AM</p>

<p>Today, women serve in every rank from seaman to admiral and have the opportunity to serve in any occupation in the #USNavy. In observation of Women's History Month, we want to introduce you to some of our Faces of the Fleet who continue to contribute to a distinguished legacy of service.</p>	Link			3/24/17 3:53 PM
<p>As a maritime nation, we rely on open oceans for prosperity and security. We maintain these open waters while expanding and strengthening our network of partners through exercises like Foal Eagle – a series of joint and combined field training exercises, conducted by the Combined Forces Command and U.S. Forces Korea component commands. Foal Eagle enhances the combat readiness, flexibility, and capabilities of the Republic of Korea and U.S. alliance.</p>	Photo			3/24/17 7:22 AM
<p>If you're not currently receiving the video, please stand-by.</p>	Link			3/24/17 7:09 AM
<p>Welcome home, shipmates! Master Chief Missile Technician Adrian Watkins, assigned to USS Nevada (SSBN 733), hugs his wife after the boat returned to Naval Base Kitsap Tuesday following a routine deterrent patrol.</p>	Photo			3/23/17 3:26 PM

<p>On this Throwback Thursday, we're back to today 1882 when Secretary of the Navy William Hunt created the Office of Naval Intelligence with General Order Number 292. Explore how ONI has constantly transformed and evolved to be what our #USNavy and nation needs.</p>	<p>Link</p>			<p>3/23/17 6:38 AM</p>
<p>When we talk about female Sailors and civilians playing a crucial role in our #USNavy, we're talking about members of our One Navy Team like Raye Montague. Watch as she shares how she revolutionized our ship design process by contributing her talents and adding to a rich history of service.</p>	<p>Video</p>			<p>3/22/17 3:12 PM</p>
<p>Don't be tricked by social engineering like phishing. Always be mindful of the information you're providing to people you don't know, regardless of how sincere or legitimate they may seem. You're in the #NavyCyber battlespace! Get more Naval Operations Security (OPSEC) tips at https://go.usa.gov/xXkCv.</p>	<p>Photo</p>			<p>3/22/17 9:31 AM</p>

<p>Busted, AGAIN! For the second time in five days, USS Laboon (DDG 58) intercepted a small, stateless dhow in the international waters of the Arabian Sea and seized 500 kilograms of Hashish. Maritime security operations at work!</p>	Link			3/22/17 6:34 AM
<p>Take a look at U.S. Navy Blue Angels Boss refueling thanks to the United States Air Force's 79th Air Refueling Squadron. Up next: Brunswick, Georgia, this weekend for the Wings Over Golden Isles Air Show. Get the team's schedule at https://go.usa.gov/xXKAK</p>	Video			3/21/17 3:22 PM
<p>What's the latest about #USNavy personnel initiatives? Hear straight from the top with Chief of Naval Personnel - N1 Vice Adm. Robert Burke in the latest Soundings podcast.</p>	Link			3/21/17 10:09 AM
<p>100-years-ago today: Loretta Perfectus Walsh left her mark on #USNavy history when she became our first female chief petty officer. Travel back in time with us for a historical look at other female Sailors who benefited from our female chiefs' deckplate leadership. BZ shipmates!</p>	Link			3/21/17 6:54 AM

<p>On this date in #USNavy history: In 2003, Operation Iraqi Freedom began after USS Bunker Hill (CG 52) was among the first to launch tomahawk missiles on Iraq, along with other Navy ships in the Red Sea and Arabian Gulf. Today, we're still providing on-call scalable options to address a changing world's challenges.</p>	Video			3/20/17 3:17 PM
<p>This week on the Rundown: A message from Chief of Naval Operations Adm. John Richardson about a problem that we need to solve, a new way to get #USNavy apps, and more. Watch for details.</p>	Video			3/20/17 9:07 AM
<p>Our civilian employees are dedicated professionals and critical members of our #USNavy team. We can't accomplish our mission without them. See how we're mitigating the effects of the federal hiring freeze on our Navy family.</p>	Link			3/20/17 6:28 AM
<p>Our female Sailors – like Vice Adm. Jan Tighe – and civilians have a long and distinguished legacy of service in our #USNavy. Meet our deputy chief of Naval Operations for Information Warfare/director of Naval Intelligence here.</p>	Video			3/19/17 7:30 AM

<p>Start your weekend with a bang – like USS Donald Cook (DDG 75) firing its Mark 45 5-inch gun during a live-fire gunnery exercise during Flag Officer Sea Training 2017 in the Atlantic Ocean, March 13.</p>	Photo			3/18/17 6:43 AM
<p>There’s no room for luck in the #USNavy when we're protecting and defending America! It takes integrity, accountability, initiative and toughness.</p>	Photo			3/17/17 6:44 AM
<p>On this Throwback Thursday, we’re going back to 1945 for an incredible example of initiative and toughness during the Iwo Jima campaign! READ: If you don’t know about Pharmacist's Mate 1st Class Francis Pierce’s actions that earned him the Medal of Honor. SHARE: If you do know his story.</p>	Link			3/16/17 5:10 PM
<p>Watch as Chief of Naval Operations Adm. John Richardson shares why we’re starting the conversation earlier with industry to discuss our #USNavy’s requirements.</p>	Video			3/16/17 7:13 AM
<p>Join us in wishing U.S. 7th Fleet happy birthday! It was established March 15, 1943. Today, it is the largest forward-deployed U.S. fleet, and maintains a forward presence in the Indo--Asia-Pacific providing security and stability to that region.</p>	Photo			3/15/17 4:02 PM

<p>Read this blog and share to spread the message from Chief of Naval Operations Adm. John Richardson that we have a problem and we need to solve it. The discovery of online sites that degrade the female members of our team has shined a light on the fact that this problem persists. There is no room in our Navy for toxic behavior.</p>	Link			3/15/17 6:38 AM
<p>TUESDAY TRIVIA: Female Sailors and civilians have a long and distinguished legacy of service in our #USNavy. Edith Voorhees Hasson is part of that legacy. Tell us why in the comments below. CLUE: https://go.usa.gov/xXrFR</p>	Link			3/14/17 6:06 PM
<p>Questions about the household goods process for a PCS move? There are now more live, interactive webinars to help you! Get the schedule here.</p>	Link			3/14/17 2:51 PM
<p>Competition, winning, failing and most importantly, treating each other with dignity and respect. It's all in Chief of Naval Operations Adm. John Richardson's latest podcast. Listen to Soundings here!</p>	Link			3/14/17 7:27 AM

<p>U.S. Navy Blue Angels history in flight! On Friday, the team took to the skies with one of its jets and its first two performing aircraft, the F6F Hellcat and the F8F Bearcat, before its first airshow in El Centro, California, on Saturday. Up next: The NAWS China Lake Air Show this weekend.</p>	<p>Video</p>			<p>3/13/17 6:21 PM</p>
<p>SHARE TO THANK all of our Sailors who have served aboard USS Carl Vinson (CVN 70) since it was commissioned 35-years-ago today. Right now, it's on a western Pacific deployment under Commander, U.S. Third Fleet's command and control, offering additional options to the U.S. Pacific Fleet commander by leveraging the capabilities of 3rd Fleet and U.S. 7th Fleet.</p>	<p>Photo</p>			<p>3/13/17 3:09 PM</p>
<p>Our female Sailors – like Capt. Amy Bauernschmidt – and civilians have a long and distinguished legacy of service in our #USNavy. Meet USS Abraham Lincoln (CVN 72)'s executive officer here.</p>	<p>Video</p>			<p>3/13/17 10:14 AM</p>

<p>This week on the 100th episode of the Rundown: Chief of Naval Operations Adm. John Richardson announces an essay contest, rating experts are needed to help shape advancement exams, a chance to give back through the Navy-Marine Corps Relief Society and more.</p>	<p>Video</p>			<p>3/13/17 6:46 AM</p>
<p>In case you missed it, watch as USS Detroit - Iron Warriors conduct a successful missile test firing.</p>	<p>Video</p>			<p>3/11/17 3:12 PM</p>
<p>Chief's anchors mark a symbol of expertise, trust, partnership and above all...leadership. The #USNavy is looking for a few chiefs interested in shaping the future of their ratings.</p>	<p>Link</p>			<p>3/11/17 9:07 AM</p>
<p>#USNavy's USS Detroit (LCS 7) + Surface to Surface Missile Module = Distributed Lethality</p>	<p>Link</p>			<p>3/10/17 3:12 PM</p>
<p>The largest annual multilateral humanitarian assistance and disaster relief preparedness mission in the Indo-Asia-Pacific region is underway. Go inside for a closer look at their mission's first stop.</p>	<p>Link</p>			<p>3/10/17 9:12 AM</p>

<p>As our #USNavy sharpens our competitive edge, we need to be scrapping for every advantage we can get. Toxic behaviors make us weaker; they cede our advantage, our people, to the enemy. These behaviors have no place in our Navy. Our ability to succeed is directly tied to our ability to fight as one team – a team that treats one another honorably.</p>	<p>Link</p>			<p>3/9/17 3:58 PM</p>
<p>Go inside the humanitarian mission Continuing Promise 2017 as it strengthens our partnerships and improves cooperation in Central and South America.</p>	<p>Link</p>			<p>3/9/17 9:09 AM</p>
<p>USS George H.W. Bush (CVN 77) performs a passing exercise with USS Philippine Sea (CG 58) and the Hellenic Navy's Elli-class frigate HN Kountouriotis (F-462), March 5. The George H.W. Bush Carrier Strike Group is conducting naval operations in the U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet area of operations in support of U.S. national security interests.</p>	<p>Photo</p>			<p>3/8/17 3:38 PM</p>
<p>On this International Women’s Day and every day, our female Sailors and #USNavy civilians continue their rich history of service by contributing their talents and capabilities to our force.</p>	<p>Photo</p>			<p>3/8/17 6:54 AM</p>

<p>A view perfect for a postcard to home from USS MAKIN ISLAND (LHD 8) in the Arabian Sea, March 3! The amphibious assault ship is supporting maritime security operations designed to reassure allies and partners, and preserve the freedom of navigation and the free flow of commerce in the region.</p>	Photo			3/7/17 4:26 PM
<p>Tuesday Trivia: What was the first #USNavy combatant ship to have women assigned to it? Clue: The orders were issued 23-years-ago today. Answer: https://go.usa.gov/xXxSx</p>	Link			3/7/17 6:39 AM
<p>Good news! The U.S. Navy Blue Angels have added another performance to their schedule. See if it is coming to your city!</p>	Link			3/6/17 3:16 PM
<p>On this Rundown: EAOS extensions for first-term Sailors, Chief of Naval Operations Adm. John Richardson's Professional Reading Program, and more</p>	Video			3/6/17 9:18 AM
<p>As this week gets underway, take a look back at February and how our Sailors are providing on-call scalable options to address a changing world's challenges.</p>	Video			3/6/17 6:46 AM
<p>Happy 75th anniversary #USNavy Seabees! To celebrate, test your knowledge about how their "Can Do" attitude builds more than just construction projects.</p>	Link			3/5/17 7:57 AM

<p>Get ready for our #USNavy Seabees' 75th anniversary on Sunday by watching this All Hands Magazine story. Then, share so your friends can dig into their "Can Do" history too!</p>	Video			3/4/17 3:04 PM
<p>For the first time in 25 years, the United States faces a return to great power competition. "It is about winning. Do not mistake that for a second. We are not out there to be the second most powerful navy in the world." - Chief of Naval Operations Adm. John Richardson</p>	Link			3/4/17 11:38 AM
<p>This Women's History Month, we're sharing stories of #USNavy female Sailors and civilians like Naval Sea Systems Command's Sharon Smoot - part of a long and distinguished legacy of service to our Navy.</p>	Video			3/4/17 6:57 AM
<p>Thank you to our Reservists for answering our nation's call in our Navy Reserve for 102 years during war and peace!</p>	Photo			3/3/17 2:28 PM
<p>Go behind the scenes of President Donald J. Trump's visit to our future USS Gerald R. Ford - CVN 78.</p>	Link			3/3/17 7:07 AM
<p>Earlier today, President Donald J. Trump addressed #USNavy Sailors aboard our future USS Gerald R. Ford - CVN 78 - his visit to an aircraft carrier.</p>	Link			3/2/17 6:52 PM

<p>44 years ago today, the first four female #USNavy pilots began training: Lt. j.g. Barbara Allen, Ens. Jane Skiles, Lt. j.g. Judith Neuffer and Ens. Kathleen McNary. Today, women hold nearly every job from naval aviator to deep-sea diver, and have the opportunity to serve in any occupation.</p>	Photo			3/2/17 3:20 PM
<p>LIVE 2:30 P.M. ET: Watch as President Donald J. Trump delivers remarks aboard our future USS Gerald R. Ford - CVN 78.</p>	Link			3/2/17 11:10 AM
<p>Our #USNavy Sailors provide on-call, scalable options in today's rapidly changing world. USS Bataan (LHD 5)'s Blue-Green Team is out there along with its amphibious ready group to provide those options after deploying yesterday from Naval Station Norfolk.</p>	Photo			3/2/17 9:16 AM
<p>BZ shipmates! "This incident is an example of the types of situations our Sailors train for, day-in and day-out." - Cmdr. Edward Weiler Helicopter Sea Combat Squadron Two-Five (HSC-25) commanding officer</p>	Link			3/2/17 6:36 AM
<p>Join us in thanking USS Albuquerque (SSN 706) and the boat's crews for 33 years of service to our #USNavy SHARE to spread the word that our Silent Service continues to run silent and deep!</p>	Link			3/1/17 6:20 PM

<p>Our first #NavyWeek of the year is over, but we're just getting started! Take a look back at Navy Week Mobile here and see if a Navy Week is coming to your community.</p>	Link			3/1/17 3:06 PM
<p>Join us this #WomensHistoryMonth in honoring our female Sailors and civilians for their rich history of service and continuous contributions of their talents and capabilities to our #OneNavyTeam.</p>	Link			3/1/17 6:34 AM
<p>Before we jump into our next Navy Week in Austin, Texas, you've got to see how the U.S. Navy Parachute Team "The Leap Frogs" helped to kick off #NavyWeek Mobile on Thursday. This video is worth watching until the end!</p>	Video			2/28/17 3:17 PM
<p>We're a deployed force that serves around the world to provide on-call, scalable options. Take a look at some places where our #USNavy Sailors are serving to provide those options.</p>	Link			2/28/17 9:34 AM
<p>If you don't know Seaman Joseph Noil's story of toughness, you should! All Hands Magazine shares how the Medal of Honor recipient slowly faded from history, and how the #USNavy righted that wrong.</p>	Link			2/28/17 6:34 AM

<p>Come aboard USS George H.W. Bush (CVN 77) during its operations in the eastern Mediterranean Sea, which demonstrate our ability to conduct precision strikes on ISIS targets from multiple theaters. These strikes highlight the flexibility of the #USNavy's globally-deployed force.</p>	<p>Link</p>			<p>2/27/17 3:23 PM</p>
<p>For the first time in 25 years, the United States is facing a return to great power competition. Listen as Chief of Naval Operations Adm. John Richardson explains what it means for the #USNavy.</p>	<p>Video</p>			<p>2/27/17 9:22 AM</p>
<p>On this Rundown: We're asking Sailors to consider duty as recruit division commanders, how Sailors can get "SMART" with their goals, and more. Watch for details here.</p>	<p>Video</p>			<p>2/27/17 6:35 AM</p>
<p>These #USNavy Sailors aren't walking down the #Oscars red carpet, but this walk down to check for debris aboard USS Carl Vinson (CVN 70) makes sure the aircraft carrier's flight deck is safe for flight operations during its deployment in the western Pacific.</p>	<p>Photo</p>			<p>2/26/17 4:47 PM</p>
<p>It may be the weekend, but our #USNavy Sailors are working around the world, around the clock, operating forward to protect and defend America!</p>	<p>Photo</p>			<p>2/26/17 9:59 AM</p>

<p>Listen as Master Chief Petty Officer of the Navy Steven Giordano discusses his recent travels in the fleet, leadership and the #USNavy's core attributes, and more.</p>	Link			2/26/17 6:38 AM
<p>On this day in 1933: Our first true aircraft carrier, USS Ranger (CV 4), was launched. If you knew that, hit LIKE. If you didn't know that, hit SHARE to tell your friends. 84 years later, the #USNavy continues to adapt in both quantity and quality to protect and defend America!</p>	Link			2/25/17 4:58 PM
<p>Join us in wishing a happy birthday to the #USNavy Supply Corps, which celebrated 222 years of excellence on Thursday! Thank you for maintaining our Sailors' warfighter readiness and improving the quality of life for our Sailors and their families.</p>	Photo			2/25/17 11:41 AM
<p>Our diverse workforce brings together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets. That allows us to operate successfully around the world. Meet a #USNavy Sailor and NASA - National Aeronautics and Space Administration astronaut who has reached for the stars and succeeded.</p>	Video			2/25/17 7:34 AM

<p>#NavyWeek Mobile is here, and so is USS Mitscher (DDG 57)! Hit "LIKE" if you've been to a Navy Week. Hit "WOW" if you'd like to attend one - an opportunity to learn about the #USNavy, our people and our importance to national security and prosperity.</p>	Link			2/24/17 3:46 PM
<p>We're looking for the best of our best to turn civilians into #USNavy Sailors.</p>	Link			2/24/17 6:38 AM
<p>On this Throwback Thursday, we're going back to this day in 1919, the first #USNavy ship named for an enlisted man, USS Osmond Ingram (DD 255), is launched.</p>	Photo			2/23/17 3:12 PM
<p>We're a maritime nation and we rely on open oceans for prosperity and security. USS Barry - DDG 52 transits the Philippine Sea, Feb. 10. The Arleigh Burke-class guided-missile destroyer is on patrol in support of security and stability in the Indo-Asia-Pacific region.</p>	Photo			2/22/17 4:32 PM
<p>Did you know Chicago O'Hare International Airport's name honors a World War II naval aviator? Naval History & Heritage Command shares how the Medal of Honor recipient's toughness continues to be honored.</p>	Link			2/22/17 9:24 AM

<p>DDG-121's keel laying and authentication mark the ceremonial beginning of the #USNavy's future USS Frank E. Petersen, Jr., honoring a U.S. Marine Corps trailblazer.</p>	Link			2/22/17 6:33 AM
<p>Who am I and what did I do? CLUE: During the attack on Pearl Harbor, I literally took matters into my own hands to protect my ship and my shipmates. ANSWER: http://go.usa.gov/x9JKQ A diverse workforce positions the #USNavy to operate successfully around the globe by bringing together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets.</p>	Link			2/21/17 3:12 PM
<p>Whether our #USNavy Sailors serve topside or below deck, we're training – like these USS George H.W. Bush (CVN 77) Sailors during a medical drill – to be ready to provide on-call scalable options.</p>	Photo			2/21/17 10:53 AM
<p>On this Weekly Wire Rundown, we're testing a new personnel web portal, command senior chief and master chief selection board results are out, and more. Watch for details here.</p>	Video			2/21/17 6:21 AM

<p>We're committed to giving our #USNavy Sailors a modern personnel system that they deserve. The first step in providing them a consolidated one-stop shop for their personnel information in here, and we want their feedback.</p>	Link			2/20/17 3:35 PM
<p>On this Presidents Day, take a look with Naval History & Heritage Command at some of our #USNavy ships that honor U.S. presidents.</p>	Link			2/20/17 6:46 AM
<p>In case you missed it, experience hyper-realistic trauma training for our independent duty corpsmen. All Hands Magazine takes you inside this tough course that saves lives in the fleet.</p>	Video			2/19/17 3:22 PM
<p>Why do our #USNavy carrier air wings need the capabilities provided by our 4th and 5th generation aircraft? Get the answer from our air boss.</p>	Link			2/19/17 9:11 AM
<p>BZ to our galleys and culinary specialists who have been recognized for their outstanding food service! Check out the winners and then tell us who has the best galley in the #USNavy.</p>	Link			2/19/17 6:44 AM

<p>It takes #OneNavyTeam to provide on-call scalable options to address a changing world's challenges. Meet USS Dwight D. Eisenhower (CVN 69) Sailors who provided those options during their deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet.</p>	<p>Link</p>			<p>2/18/17 3:36 PM</p>
<p>What does #USNavy toughness mean to you? Chief of Naval Operations Adm. John Richardson explains how toughness - one of our four core attributes - helps to guide our decisions and actions.</p>	<p>Link</p>			<p>2/18/17 10:31 AM</p>
<p>African American Sailors and civilians, like Naval Sea Systems Command's Sharon Smoot, are integral parts of our #OneNavyTeam. Listen as she shares how our #USNavy is strengthened by the diversity of our force.</p>	<p>Video</p>			<p>2/18/17 6:43 AM</p>
<p>Talk about #USNavy toughness! On this day in 1945, Lt. j.g. Rufus Herring's actions during the pre-invasion attack on Iwo Jima earned him the Medal of Honor. Learn about his actions that day in this Nov. 1945 issue of All Hands Magazine at http://go.usa.gov/x9u7H.</p>	<p>Photo</p>			<p>2/17/17 4:23 PM</p>

<p>Building a bridge with an ally, and building and strengthening partnerships to make us a stronger fighting force. #USNavy Seabees with Naval Mobile Construction Battalion 5 and Marines work with Republic of Korea marines to erect an Improved Ribbon Bridge in open waters in Chinhae, South Korea, Jan. 28.</p>	Photo			2/17/17 8:40 AM
<p>Don't miss a second of this tough, hyper-realistic trauma training for our #USNavy independent duty corpsmen. Watch as All Hands Magazine takes you inside this course that saves lives in the fleet.</p>	Video			2/16/17 3:06 PM
<p>"The MQ-4C Triton's advanced intelligence, surveillance, and reconnaissance capabilities bring enhanced battlespace awareness for the fleet to achieve full spectrum superiority." – Adm. Phil Davidson Commander, U.S. Fleet Forces Command</p>	Link			2/16/17 9:09 AM
<p>"PowerPoints are boring; people fall asleep and they are kind of pointless. Getting involved [in the role-playing] allows people to examine how they would actually respond in a real-life scenario." – A quartermaster aboard USS Shiloh (CG 67)</p>	Link			2/16/17 6:24 AM

<p>In order to provide on-call scalable options in a changing world, our #USNavy Sailors need the right capabilities, including the right ammunition. Watch as USS America (LHA 6)'s weapons department completes a four-day ammunition on load – the final requirement for the ship to deploy this summer.</p>	<p>Video</p>			<p>2/15/17 3:14 PM</p>
<p>What does #USNavy toughness mean? Chief of Naval Operations Adm. John Richardson explains in his latest podcast. Listen here.</p>	<p>Link</p>			<p>2/15/17 9:58 AM</p>
<p>Watch to come aboard USS George H.W. Bush (CVN 77)'s flight deck as its carrier strike group joined the Operation Inherent Resolve fight yesterday. The strikes from the eastern Mediterranean Sea demonstrate our ability to conduct precision strikes on ISIS targets from multiple theaters as part of our globally deployed force.</p>	<p>Video</p>			<p>2/14/17 3:23 PM</p>

<p>Who am I? In 1968, I became the first amputee to serve as a #USNavy diver following an accident in 1966 while participating in the recovery of atomic bombs after the crash of two United States Air Force planes. Later, I became our first African-American master diver in 1970. ANSWER: http://go.usa.gov/x9tnH A diverse workforce positions the Navy to operate successfully around the globe by bringing together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets.</p>	Link			2/14/17 10:09 AM
<p>Happy Valentine's Day from the #USNavy! We love serving to protect and defend our Nation and those who we love. Share with someone that you love!</p>	Video			2/14/17 6:43 AM
<p>Today, the USS George H.W. Bush (CVN 77) Carrier Strike Group joined the Operation Inherent Resolve fight. Its strikes from the eastern Mediterranean Sea demonstrate the #USNavy's capability to conduct precision strikes on ISIL targets from multiple theaters, highlighting the flexibility of our globally deployed force.</p>	Link			2/13/17 3:43 PM

<p>Our future USS Tulsa (LCS 16) is another step closer to joining the #USNavy's fleet after its christening this weekend. "Ships like Tulsa will operate where much of our Navy simply cannot, in the shallows and in the littorals, with speed, agility and lethality." - Vice Chief of Naval Operations Adm. Bill Moran</p>	Link			2/13/17 10:39 AM
<p>On this Rundown, the SAIL program is available fleet wide to provide rapid assistance and on-going risk assessment and support for our Sailors who have exhibited suicide-related behavior, the #USNavy wants more enlisted women aboard subs, and Navy COOL will be visiting a city near you. Watch for details now.</p>	Video			2/13/17 7:29 AM
<p>Train like you fight. Fight like you train. Watch as #USNavy USS Donald Cook (DDG 75) fires its MK45 5 inch gun during a live-fire gunnery exercise in U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet's area of operations.</p>	Video			2/12/17 3:46 PM
<p>Sailors should expect a compressed timeline for planning and scheduling military moves through the end of the Continuing Resolution for fiscal year 2017. This is what you should know.</p>	Link			2/12/17 9:14 AM

<p>Listen as Vice Chief of Naval Operations Adm. Bill Moran discusses the need for a larger, well-equipped #USNavy with a focus on Sailors.</p>	<p>Link</p>			<p>2/12/17 6:33 AM</p>
<p>No playtime here. #USNavy Master-at-Arms 2nd Class Jordyn Japiec, a military working dog handler, and Puskos, a Jagdterrier military working dog drug detector, begin the certification process to include obedience training and narcotic detector training onboard Naval Station Norfolk, Feb. 1.</p>	<p>Photo</p>			<p>2/11/17 3:11 PM</p>
<p>The Sailor of the Year program recognizes an individual Sailor who best represented the ever-growing group of dedicated professional Sailors at each command and ultimately the #USNavy. What advice do you have for our Sailors as they prepare?</p>	<p>Photo</p>			<p>2/11/17 9:33 AM</p>
<p>To achieve optimal mission readiness, we provide every #USNavy Sailor and civilian with equal access to the tools and resources they need to succeed. Turn on your sound and listen as Rear Adm. John Fuller shares why his entire goal is to let his work and the content of his character speak for itself.</p>	<p>Video</p>			<p>2/11/17 6:50 AM</p>

<p>Whether above, on or beneath the water, our #USNavy Sailors are serving around the world to provide on-call, scalable options to address challenges in a complex and quickly changing world.</p>	Photo			2/10/17 3:11 PM
<p>Join us in welcoming our newest #USNavy Sailors to the fleet. Watch their boot camp graduation live at 9:45 a.m. ET today.</p>	Video			2/10/17 6:45 AM
<p>An F/A-18E Super Hornet lands on USS Carl Vinson (CVN 70) in the Pacific Ocean, Feb. 4. The #USNavy aircraft carrier and its strike group are on a regularly scheduled Western Pacific deployment as part of the U.S. Pacific Fleet-led initiative to extend the command and control functions of Commander, U.S. Third Fleet.</p>	Photo			2/9/17 3:50 PM
<p>"... on-going demand for naval forces exceeds our long-term supply. And that need continues to grow with no end in sight. Supply is best summed up in one fact: Your Navy today is the smallest we've had in 99 years." - Vice Chief of Naval Operations Adm. Bill Moran told lawmakers this week.</p>	Link			2/9/17 10:03 AM
<p>Our future expeditionary fast transport USNS Yuma (T-EPF 8) is another step closer to joining the #USNavy fleet after successfully completing acceptance trials. Get to know its capabilities here.</p>	Link			2/9/17 6:39 AM

<p>Fair winds and following seas, Sir. We have the watch.</p>	<p>Link</p>			<p>2/8/17 6:27 PM</p>
<p>Our #USNavy Sailors serve around the world. Training like this cold-water endurance ruck march by Explosive Ordnance Disposal Mobile Unit 8 and the Norwegian Army Explosive Ordnance Disposal teams in the austere environment of northern Norway helps prepare our Sailors to conduct decisive combat operations to defeat any enemy.</p>	<p>Photo</p>			<p>2/8/17 3:11 PM</p>
<p>Naval Personnel Command has announced a plan to consolidate several #USNavy Personnel Support Detachment and Customer Support Detachment locations. Find out how the customer service pay and personnel model will better serve our fleet.</p>	<p>Link</p>			<p>2/8/17 8:06 AM</p>
<p>Whether on duty, in uniform or at home, our online behavior must reflect the highest standards of character and conduct. Don't let Jeff down because anything that is unacceptable to say or do in person is also unacceptable online. Honor, Courage, Commitment – online, all the time. #NavyCyber</p>	<p>Photo</p>			<p>2/7/17 3:16 PM</p>

<p>Suicide prevention is not about the numbers; every life lost to suicide is one too many. Find out how the now fleet-wide SAIL program will provide rapid assistance, on-going risk assessment and support for our #USNavy Sailors who have exhibited suicide-related behavior.</p>	<p>Link</p>			<p>2/7/17 9:03 AM</p>
<p>On this Trivia Tuesday: 73 years ago this month, we commissioned our first African-American officers. Q: What did the 12 #USNavy commissioned officers seen here and a warrant officer who received his rank at the same time become known as? A: http://go.usa.gov/x9FQr Today, integrating service members and civilians from diverse backgrounds into our force continues to allow the #USNavy to recruit and retain the nation's top talent from a wider pool of skilled personnel.</p>	<p>Photo</p>			<p>2/7/17 6:33 AM</p>
<p>Watch in slow motion as USS John Paul Jones (DDG 53) participated in a successful flight test Friday – the first intercept of a ballistic missile target using the Standard Missile-3 (SM-3) The SM-3 Block IIA is being developed cooperatively by the United States and Japan to defeat medium- and intermediate-range ballistic missiles.</p>	<p>Video</p>			<p>2/6/17 3:18 PM</p>

<p>On this Rundown: Help for eligible Sailors to decide whether the new Blended Retirement System is right for them, we're expanding on existing efforts to prevent destructive behaviors across the fleet, and more. Watch for details now.</p>	Video			2/6/17 7:46 AM
<p>The arrival of #USNavy E-2D Advanced Hawkeyes in Japan has brought enhanced capabilities to the region. Get to know the E-2D Advanced Hawkeye's improvements here.</p>	Link			2/5/17 6:11 PM
<p>Join us in congratulating the 14 top #USNavy recruiters of 2016. These Sailors visited the Pentagon and met with Chief of Naval Operations Adm. John Richardson and other senior Navy leadership last week. BZ shipmates!</p>	Photo			2/5/17 3:13 PM
<p>Multinational training like Exercise Cutlass Express 2017 helps our #USNavy build and improve on international partnerships while improving our warfighting capability to make us a stronger fighting force. Here's how.</p>	Link			2/5/17 9:54 AM
<p>When you think of #USNavy toughness, you should think of Brandon Myers and how becoming a SEAL prepared him for the fight of his life. This is his story...</p>	Link			2/4/17 6:07 PM

<p>African American History Month provides the #USNavy with an opportunity to recognize the contributions of African American Sailors and personnel – both past and present. Turn on your sound and listen as retired Fleet Master Chief April Beldo reflects on her time as a Sailor.</p>	<p>Video</p>			<p>2/4/17 3:13 PM</p>
<p>Listen as Chief of Naval Operations Adm. John Richardson discusses the four core attributes - Integrity, Accountability, Initiative, and Toughness - outlined in "A Design for Maintaining Maritime Superiority", and their role in today's #USNavy and leader development.</p>	<p>Link</p>			<p>2/4/17 9:04 AM</p>
<p>Watch to experience USS Enterprise (CVN 65)'s decommissioning ceremony. Friday marked the first decommissioning of a nuclear-powered aircraft carrier. Thanks "Big E" for your more than half a century of service!</p>	<p>Video</p>			<p>2/4/17 6:37 AM</p>
<p>How well do you know #USNavy USS Enterprise (CVN 65)'s history? Test your knowledge of our first nuclear-powered aircraft carrier with Naval History & Heritage Command here, and check back for video of today's decommissioning ceremony.</p>	<p>Link</p>			<p>2/3/17 6:30 PM</p>

<p>Today we said fair winds and following seas to CVN-65 during its decommissioning ceremony. Take a look back at the making of USS Enterprise (CVN 65)'s legacy with Naval History & Heritage Command, and check back later to watch the ceremony.</p>	<p>Link</p>			<p>2/3/17 3:12 PM</p>
<p>As you get ready to start your weekend, watch as our newest Sailors graduate boot camp and get ready to start their #USNavy careers.</p>	<p>Video</p>			<p>2/3/17 6:45 AM</p>
<p>#HonorTheFallen: #USNavy SEAL William "Ryan" Owens, who was killed in action in the Arabian Peninsula of Yemen, has been posthumously advanced to senior chief petty officer.</p>	<p>Link</p>			<p>2/2/17 3:28 PM</p>
<p>The #USNavy must adapt in both quantity and quality addressing more complex rapidly evolving challenges. To help improve management of ship manning and personnel inventory for both the surface and submarine ratings, the Navy has established four new ratings for active duty Sailors. Find out what they are here.</p>	<p>Link</p>			<p>2/2/17 9:04 AM</p>

<p>USS Nimitz (CVN 68) transits Sinclair Inlet after getting underway from Puget Sound Naval Shipyard on Tuesday. Nimitz is conducting the Navy's Board of Inspection and Survey (INSURV), which is a periodic inspection to ensure the ship meets Navy standards to be ready to face a complex and quickly changing world.</p>	Photo			2/1/17 3:37 PM
<p>The decision to stay in the U.S. Department of Defense (DoD)'s current retirement system or opt-in to the Blended Retirement System is an important and irrevocable decision that eligible #USNavy Sailors must make based on their own individual circumstances. And help is available for Sailors to make that decision.</p>	Link			2/1/17 9:12 AM
<p>A diverse workforce allows the #USNavy to operate successfully around the globe by bringing together Sailors and civilians with different ideas, experiences, perspectives, capabilities and skill sets. This month, we join our nation in recognizing the contributions of African American Sailors and personnel both past and present.</p>	Link			2/1/17 6:39 AM

<p>Tuesday Trivia: The nuclear powered aircraft carrier has been, and will remain, the centerpiece of naval power projection at and from the sea. Tell us what year the #USNavy's first nuclear powered aircraft carrier USS Enterprise (CVN 65) was commissioned. Naval History & Heritage Command shares the answer and the legacy of ships named Enterprise.</p>	Link			1/31/17 3:12 PM
<p>Our nation faces a complex and quickly changing world, including at sea. That's why training like this visit, board, search, and seizure drill aboard USS WAYNE E. MEYER (DDG 108) is critical so our #USNavy Sailors are ready to provide on-call, scalable options to address these challenges.</p>	Photo			1/31/17 9:42 AM
<p>New Full Speed Ahead training continues the positive work we've done combating destructive behaviors while reinforcing #USNavy core attributes. Find out what's new and what's difference compared to Chart the Course and Bystander Intervention training that was conducted the past two years.</p>	Link			1/31/17 7:02 AM

<p>Honor the Fallen. Chief Special Warfare Operator William "Ryan" Owens was killed in action in Yemen Jan. 28. Chief Owens was assigned to an East Coast-based Special Warfare unit. We have the watch, Shipmate.</p>	<p>Link</p>			<p>1/30/17 3:19 PM</p>
<p>This week on the Rundown: Chief of Naval Operations Adm. John Richardson looks to help develop leaders, a new resource for financial literacy, one Sailor's experience in the career intermission program, and more. Watch for more details.</p>	<p>Video</p>			<p>1/30/17 9:04 AM</p>
<p>In order for our Seabees to build and to fight, they've got to be ready! Sailors assigned to NMCB FOUR got the chance to experience a different side of the #USNavy aboard USS SAN DIEGO (LPD 22)</p>	<p>Link</p>			<p>1/30/17 7:15 AM</p>
<p>"He was from a generation of people who were amazingly tough." That's how Ken Hartle's daughter, Karen Dahl, described her father who was the #USNavy's oldest surviving Pearl Harbor salvage diver. On Tuesday, he died at the age of 103. We have the watch shipmate.</p>	<p>Link</p>			<p>1/29/17 11:12 AM</p>

<p>If you could serve on any #USNavy surface ship, which one would it be? 244 midshipmen at the United States Naval Academy got that opportunity during #ShipSelection Night on Thursday.</p>	Link			1/28/17 9:13 AM
<p>Advancing directed energy supports the #USNavy's effort to strengthen naval power at and from the sea. Watch to come along as Chief of Naval Operations Adm. John Richardson reviewed directed energy systems and weapons being developed and tested U.S. Army White Sands Missile Range.</p>	Video			1/27/17 3:37 PM
<p>If you're experiencing any technical difficulties, you can switch over to our Facebook page at Facebook.com/USNavy.</p>	Link			1/27/17 8:32 AM
<p>Before you get your weekend underway, watch as our newest Sailors get their #USNavy careers underway during their boot camp graduation today at 9:45 a.m. ET.</p>	Video			1/27/17 6:45 AM
<p>A NAVADMIN released today updates several previously announced uniform policy changes. Get the details here.</p>	Link			1/26/17 3:52 PM
<p>On this Throwback Thursday, we're going back to this day in 1913, the body of #USNavy legend John Paul Jones is laid in its final resting place at the United States Naval Academy.</p>	Photo			1/26/17 9:53 AM

<p>Today on #NationalSpousesDay, we honor our #USNavy spouses that embody ideals we cherish: strength, loyalty, and commitment. They stand beside those who stand behind our flag, giving their all and making tremendous sacrifices.</p>	Photo			1/26/17 6:58 AM
<p>Just like the weapons systems we use, our personnel system needs updates to keep pace with a rapidly changing world. Find out how our #Sailor2025 program is working to more effectively recruit, train and manage the force of tomorrow while improving #USNavy warfighting readiness.</p>	Link			1/25/17 6:42 PM
<p>In case you missed it: Chief of Naval Operations Adm. John Richardson released the Navy Leader Development Framework that outlines how the #USNavy will develop leaders to demonstrate both operational excellence and strong character.</p>	Video			1/25/17 3:12 PM
<p>A new application for mobile devices designed to enhance financial literacy for #USNavy Sailors is available to help provide the latest info on the Blended Retirement System that goes into effect in 2018.</p>	Link			1/25/17 9:15 AM

<p>Chief of Naval Operations Adm. John Richardson released the Navy Leader Development Framework today. This document outlines how the #USNavy will develop leaders to demonstrate both operational excellence and strong character. Check out this #31for31 for more information.</p>	Video			1/25/17 6:30 AM
<p>A team of #USNavy scientists and engineers at Naval Surface Warfare Center, Panama City Division (NSWC PCD) have successfully recreated a natural material used for marine wildlife defense to assist military personnel.</p>	Link			1/24/17 3:24 PM
<p>For those Sailors looking for an opportunity to take a sabbatical from the #USNavy, the Career Intermission Program might be for you.</p>	Link			1/24/17 9:39 AM
<p>Caption this! If you want to know what's really happening, visit http://bitly.com/2jNs9d9</p>	Photo			1/24/17 7:02 AM
<p>BZ to the Sailors aboard USS MAKIN ISLAND (LHD 8) for proving why the #USNavy is 100 percent on watch around the globe.</p>	Link			1/23/17 3:49 PM
<p>Navy Cargo Handling Battalion ONE (NCHB-1) Sailors returned to McMurdo Station, Antarctica, in support of the National Science Foundation (NSF) annual resupply mission in support of Operation Deep Freeze.</p>	Link			1/23/17 9:39 AM

<p>This week on the Rundown: we say farewell to a fleet master chief, the Naval War College has more ways #USNavy Sailors can earn a college degree, and the latest from the Every Sailor Every Day campaign. Watch for more details</p>	Video			1/23/17 6:33 AM
<p>In case you missed it: Secretary of Defense James Mattis became our 26th #SecDef on Friday. The next day, he got right to work, meeting with our deputy SecDef, chairman of the Joint Chiefs of Staff, and vice chairman of the Joint Chiefs of Staff at the Pentagon.</p>	Link			1/22/17 6:54 AM
<p>Fair winds and following seas to our shipmates aboard USS George H.W. Bush (CVN 77) which got underway today for its regularly-scheduled deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet. Do you have any words of encouragement for your #USNavy Sailors?</p>	Photo			1/21/17 5:26 PM
<p>Did you recognize a familiar #USNavy voice during Friday's inauguration? BZ to United States Navy Band's Chief Musician Courtney Williams who served as public address announcer!</p>	Photo			1/21/17 10:19 AM

<p>Follow along as the #USNavy USS George H.W. Bush (CVN 77), seen here in a file photo, and the carrier strike group gets underway today for its regularly-scheduled deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet.</p> <p>📰 Story: http://bitly.com/2jD6dUm  Video: http://bitly.com/2j71idv</p>	Link			1/21/17 5:31 AM
<p>MATTIS SENDS: "... I am confident you will do your part. I pledge to you I'll do my best as your Secretary." Read the rest of #SecDef James Mattis' message to the U.S. Department of Defense (DoD) here.</p>	Link			1/20/17 6:54 PM
<p>It's official! Meet your U.S. Department of Defense (DoD) #SecDef, Gen. (Ret.) James Mattis who was sworn in just moments ago by Vice President Mike Pence. Welcome back aboard, Sir!</p>	Photo			1/20/17 4:57 PM
<p>More than 5,000 #USNavy Sailors, Marines and Coast Guardsmen will participate in the 29th Fleet Week New York, May 24-30. Will YOU be there? Tell us YOUR favorite Fleet Week moments from years past!</p>	Link			1/20/17 3:17 PM
<p>The Honorable Sean J. Stackley assumed the responsibilities of acting Secretary of the Navy Jan. 20 at noon.</p>	Link			1/20/17 9:53 AM

<p>6,000 Sailors attached to the USS George H.W. Bush (CVN 77) Carrier Strike Group will depart Norfolk and Mayport, Fla., for a regularly-scheduled deployment.</p>	<p>Link</p>			<p>1/19/17 6:10 PM</p>
<p>The Improved Flame Resistant Variant coverall is now an approved fleet organizational clothing item. Details on what that means for Sailors and when they'll start to see them here.</p>	<p>Link</p>			<p>1/19/17 3:11 PM</p>
<p>Fair winds and following seas, shipmate! Fleet Master Chief April Beldo, one of the #USNavy's most accomplished master chiefs, retires after 34 years of faithful service.</p>	<p>Link</p>			<p>1/19/17 9:12 AM</p>
<p>Secretary of the Navy Ray Mabus is the 75th U.S. Secretary of the Navy, the longest to serve as leader of the #USNavy and U.S. Marine Corps since World War I. Read SECNAV Mabus' remarks from his farewell tribute ceremony.</p>	<p>Link</p>			<p>1/18/17 3:12 PM</p>
<p>No matter where you are, find out how the College of Distance Education at Naval War College is providing superlative education to students around the globe, helping develop leaders and encourage excellence the world over.</p>	<p>Link</p>			<p>1/18/17 9:22 AM</p>

<p>This is your fleet and these are your #USNavy Sailors! These fine men and women are leading from the deck plates and completing missions around the globe. #GoNavy http://bitly.com/2jwOVS</p>	Link			1/18/17 6:33 AM
<p>USS Bataan (LHD 5) conducts a live-fire exercise with the ship's RIM 116 Rolling Airframe Missile weapon system in the Atlantic Ocean, Jan. 11, in preparation for its upcoming deployment.</p>	Photo			1/17/17 4:27 PM
<p>First-term #USNavy Sailors on sea duty can now elect to extend their expiration of active obligated service to complete their sea duty assignment. All Hands Magazine explains the five things you need to know.</p>	Link			1/17/17 9:12 AM
<p>This week on the Rundown: A new way to chat with Navy Detailers, Chief of Naval Personnel - N1 visits U.S. Pacific Fleet Sailor, and more. Watch for all of the details.</p>	Video			1/17/17 6:33 AM
<p>Fair winds and following seas, shipmate! Retired #USNavy Captain Eugene Cernan - the last man on the moon and a naval aviator - died today, NASA - National Aeronautics and Space Administration announced today. We have the watch, shipmate.</p>	Link			1/16/17 4:11 PM

<p>Today we celebrate the late Dr. Martin Luther King, Jr.'s legacy. Dr. King devoted his life to service, organizing rallies and events during the American civil rights movement, a movement influential in #USNavy policy changes, leading to the diverse Fleet we have today. What does Dr. King's legacy mean to you?</p>	Photo			1/16/17 9:06 AM
<p>"Today we honor some of our nation's finest heroes, not just for their individual acts of courage and bravery in the face of danger, but for the everyday selflessness that they and their peers demonstrate." - Secretary of the Navy Ray Mabus</p>	Link			1/14/17 9:12 AM
<p>On this day in 1967, the #USNavy established The office of the Senior Enlisted Advisor to the Chief of Naval Personnel. Master Chief Gunner's Mate Delbert D. Black was appointed to the position. In March of that same year, the position was renamed to Master Chief Petty Officer of the Navy (MCPON). Learn more about MCPON Black and the office of the MCPON at Naval History & Heritage Command #MCPON50</p>	Link			1/13/17 3:12 PM
<p>"I am here to paint the big picture of Sailor 2025. My main job is to make sure that the fleet is fully manned." - Vice Adm. Robert Burke Chief of Naval Personnel - N1</p>	Link			1/13/17 9:12 AM

<p>Before the Surface Navy Association's National Symposium wrapped up Thursday, we talked to our top SWO about how #USNavy distributed lethality increases our reach and ability to control the sea. Turn on your sound to hear Vice. Adm. Tom Rowden's answers.</p>	Video			1/13/17 5:37 AM
<p>"We've got to keep one eye on today and be ready to fight tonight. When we deploy, we have to ensure those ships are ready for what's on the horizon, but also keep an eye on the future." - Secretary of the Navy Ray Mabus at the Surface Navy Association Symposium on Wednesday.</p>	Link			1/12/17 6:25 AM
<p>WATCH LIVE: What's ahead for the Surface Navy? #USNavy Rear Adm. Ron Boxall is at the Surface Navy Association's 29th annual National Symposium with a look ahead. ♦ The symposium highlights the doctrine of distributed lethality as a valuable warfare strategy that enhances naval power at and from the sea.</p>	Video			1/11/17 9:08 AM

<p>The Surface Navy Association's 29th annual National Symposium highlights the doctrine of distributed lethality as a valuable warfare strategy that enhances #USNavy power at and from the sea. As Wednesday's sessions get underway, catch-up on discussions sessions about "Distributed Lethality: Enabling #SeaControl.</p>	Link			1/11/17 6:43 AM
<p>#USNavy toughness could be defined by United States Naval Academy Midshipman Jonathan Dennler's heroism following a deadly storm on a camping trip. After you read his story, you'll want to give him a BZ in the comments below!</p>	Link			1/10/17 6:11 PM
<p>#SeaControl is critical to ensuring global stability, national security and the safety of international sea lanes. Turn on your sound to learn how #USNavy distributed lethality increases our reach and ability to control the sea.</p>	Video			1/10/17 2:52 PM
<p>LIVE NOW: Our top SWO explains how #USNavy Distributed Lethality returns us to #SeaControl in a complex and quickly changing world.</p>	Link			1/10/17 10:07 AM

<p>On this day in 2009, the #USNavy commissioned the 10th and final nuclear-powered Nimitz-class carrier, USS George H.W. Bush (CVN 77) in front of thousands attending a pierside ceremony at Naval Station Norfolk.</p>	Photo			1/10/17 7:13 AM
<p>A centuries-old tradition dating back to the inauguration of President George Washington continues with the help of the US Navy Ceremonial Guard. Take a look from the 58th Presidential Inauguration - Joint Task Force National Capital Region here.</p>	Video			1/9/17 6:08 PM
<p>As a maritime nation, we rely on open oceans for prosperity and security. Our top SWO explains how #USNavy Distributed Lethality returns us to #SeaControl in a complex and quickly changing world.</p>	Link			1/9/17 3:23 PM
<p>MEDITERRANEAN SEA (Dec. 28, 2016) The guided missile destroyer USS Porter (DDG 78) fires a five-inch gun during a live-fire exercise. Porter, forward-deployed to Rota, Spain, is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe. (U.S. Navy photo by Mass Communication Specialist Seaman Ford Williams/Released)</p>	Photo			1/9/17 9:42 AM

<p>This week on the Rundown: we're highlighting resources to help you with your PCS move, a program that gives you the chance to take a break from #USNavy, and how you can better manage your money in 2017. Watch for more details.</p>	Video			1/9/17 7:03 AM
<p>The United States faces a complex and quickly changing world, which is reflected at sea. Watch for a preview of how distributed lethality will return our #USNavy Surface Warriors to sea control. Stay tuned throughout the week.</p>	Video			1/8/17 4:33 PM
<p>USS Dwight D. Eisenhower (CVN 69) Carrier Strike Group's on time return was more than a good thing for its Sailors and their families. See why its deployment is an example of rotating our #USNavy force and surging it if necessary.</p>	Link			1/8/17 7:21 AM
<p>Sweepers, sweepers, man your brooms – rather your shovels! #USNavy USS George Washington (CVN 73), seen here Saturday in Norfolk, saw wintry weather today as part of the region's first winter storm of 2017. The ship is preparing to move to Newport News, Virginia, for its refueling complex (RCOH) maintenance.</p>	Photo			1/7/17 2:20 PM

<p>Honoring the Fallen. Fulfilling our Nation's Promise. A U.S. flag is presented to the niece of #USNavy Water Tender First Class Walter Henry Sollie on Friday. Her uncle was killed in the Pearl Harbor attack aboard USS Oklahoma (BB 37). Recently, the Defense POW / MIA Accounting Agency identified his remains through a DNA match. Yesterday, his funeral was held in Pensacola. We have the watch shipmate.</p>	Photo			1/7/17 7:17 AM
<p>A #USNavy E-2C Hawkeye prepares to launch from USS Carl Vinson (CVN 70) in the Pacific Ocean, January 5. The Carl Vinson Carrier Strike Group will report to U.S. 3rd Fleet, headquartered in San Diego, while deployed to the Western Pacific as part of the U.S. Pacific Fleet-led initiative to extend the command and control functions of 3rd Fleet into the region.</p>	Photo			1/6/17 2:32 PM
<p>Watch live as the Department of the #USNavy says farewell to our 75th Secretary of the Navy Ray Mabus at Marine Barracks Washington 8th & I.</p>	Video			1/6/17 7:05 AM

<p>"Our forward presence contributes to freedom of navigation and lawful use of the sea, as well as furthers operational training and enabling the exchange of culture, skills, and tactical knowledge." - Rear Adm. James W. Kilby Commander, Carrier Strike Group 1</p>	Link			1/5/17 6:13 PM
<p>On this Throwback Thursday, we're going back to 2016 - a year of integrity, accountability, initiative and toughness in the #USNavy. A lot happened last year. So, watch until the end and tell us your favorite moment in the comments below.</p>	Video			1/5/17 11:13 AM
<p>Airman Apprentice Andrew Mackey performs evening colors aboard #USNavy USS Carl Vinson (CVN 70) yesterday. Today, the carrier strike group begins to deploy on a regularly-scheduled deployment to the Western Pacific where it will conduct bilateral exercises in the Indo-Asia-Pacific region.</p>	Photo			1/5/17 6:17 AM

<p>Practice makes perfect! #USNavy Sailors assigned to Surface Warfare Detachment 2 aboard USS CORONADO (LCS 4) participate in visit, board, search and seizure training Jan. 3 in Changi, Singapore. Coronado is a fast and agile warship tailor-made to patrol Asian Pacific littorals and work hull-to-hull with partner navies, providing U.S. 7th Fleet with the flexible capabilities it needs now and in the future.</p>	Photo			1/4/17 9:28 AM
<p>Do you have questions about military moves for a permanent change of station, retirement or separation? Then, you'll want to participate in one of these upcoming live webinars starting next week.</p>	Link			1/4/17 6:37 AM
<p>Make it your mission to start 2017 with optimism. Positive thinking can help keep stress in check and improve your mood. Use this final #USNavy #FITmasTime tip and others that we shared to continue prioritizing your health in the new year.</p>	Link			1/3/17 10:05 AM
<p>Mark your calendars now: Tax returns are due April 18. All Hands Magazine explains why you may not receive your refund as early as in previous years.</p>	Link			1/3/17 6:49 AM

<p>Watch for all the Monday Motivation you'll need in 2017: A mother being reunited with her USS Nitze DDG 94 Sailor on Friday after the ship's 7-month deployment.</p>	Video			1/2/17 3:14 PM
<p>Financial challenges can be a significant source of anxiety. Give yourself a solid financial foundation in 2017 by setting up an emergency fund, making saving a habit and thoughtfully thinking through purchases. Get more #FITmasTime tips at http://bitly.com/2iWSUtW.</p>	Photo			1/2/17 7:57 AM
<p>To our entire #OneNavyTeam, thanks for everything you did last year. Our work continues in 2017 to strengthen naval power at and from the sea, achieve high-velocity learning at every level, strengthen our #USNavy team for the future, and expand and strengthen our network of partners.</p>	Video			1/1/17 3:13 PM
<p>USS Dwight D. Eisenhower (CVN 69) Sailors are spending their first holiday with their families in seven months after Ike's deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet. Take another look at Friday's homecoming here.</p>	Video			1/1/17 11:14 AM

Start 2017 strong by resolving to focus on your physical fitness. Engaging in regular physical activity is one of the most vital things that #USNavy Sailors of all ages can do to improve their health - both psychological and physical. Get more #FITmasTime tips at <http://j.mp/2iV1y0k>

Photo

1/1/17 7:10 AM

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U.S. Navy	Photo			4/30/17 7:23 PM
Although Sexual Assault Awareness and Prevention Month is coming to an end, our #OneNavyTeam's work continues to eliminate the crime of sexual assault and ensure our team members are treated with dignity and respect because protecting our people protects our mission.	Photo			4/30/17 8:06 AM
#USNavy forces – like USS Carl Vinson (CVN 70) – provide on-call scalable options to address a changing world's challenges, and the ship's Sailors have the ammunition to do that thanks to Helicopter Sea Combat Squadron FOUR, HSC-4 and USNS Richard E. Byrd (T-AKE 4).	Video			4/29/17 3:20 PM
Watch to help celebrate the christening of our future USS Indiana (SSN 789). Learn more about the next-generation attack submarine at https://go.usa.gov/x55Jj .	Video			4/29/17 8:08 AM

<p>Watch and wait for the flyover as USS Carl Vinson (CVN 70), USS Lake Champlain (CG 57), USS Wayne E. Meyer (DDG 108) and USS Michael Murphy (DDG 112) transited the Philippine Sea today with two Japan Maritime Self Defence Force destroyers. For more than 70 years, we've been routinely patrolling the Indo-Asia-Pacific to promote regional peace and security, and that continued today!</p>	Video			4/28/17 3:16 PM
<p>On this National Superhero Day, we remember that not all heroes wear capes....#USNavy Sailors, past and present, serve to protect and defend America. Tell us about your Navy hero.</p>	Photo			4/28/17 6:44 AM
<p>On this Throwback Thursday, we're going back to May 16, 2015: The keel laying ceremony for future USS Indiana (SSN 789). This Saturday, we'll christen our newest Virginia-class fast attack submarine. You can watch the ceremony here starting at 11 a.m. EDT.</p>	Photo			4/27/17 3:31 PM
<p>It's Take Our Daughters and Sons to Work Day. What would you tell your children about why you joined the #USNavy?</p>	Photo			4/27/17 6:33 AM

<p>Traumatic brain injuries can happen to anyone and not all TBIs are equal. All Hands Magazine shares how a retired Sailor's decision to seek treatment has put him on a mission to help others.</p>	<p>Link</p>			<p>4/26/17 5:23 PM</p>
<p>We're committed to learning and adapting faster – always getting better, striving to the limits of our performance. Watch live at 4 p.m. ET on the U.S. Marine Corps Facebook page for an example of how our #BlueGreenTeam is doing that.</p>	<p>SharedVideo</p>			<p>4/26/17 12:31 PM</p>
<p>Wednesday Wisdom: No matter how complex and quickly the world changes, the #USNavy will always fight to maintain prosperity and security on the open oceans.</p>	<p>Photo</p>			<p>4/26/17 6:31 AM</p>
<p>As a maritime nation, we rely on open oceans for prosperity and security. We maintain those open waters while expanding and strengthening our network of partners – like USS Carl Vinson (CVN 70) seen here transiting the Philippine Sea while conducting a bilateral exercise with the Japan Maritime Self Defense Force.</p>	<p>Photo</p>			<p>4/25/17 5:06 PM</p>

<p>Sexual assault is a serious crime, and we want victims to get the help they need. Help is always available through the Department of Defense Safe Helpline at 1-877-995-5247 or http://www.safehelpline.org. Turn on your sound to meet some of the people who are ready to help because protecting our people protects our mission.</p>	Video			4/25/17 9:21 AM
<p>"This visit is yet another example of the steadfast ROK and U.S. naval partnership." – Rear Adm. Brad Cooper U.S. Naval Forces Korea</p>	Link			4/25/17 6:46 AM
<p>Happy 71st birthday to the U.S. Navy Blue Angels! Watch to see some of this year's demonstrations, showcasing the pride and professionalism of the #USNavy and U.S. Marine Corps since 1946. Check out the team's schedule at https://go.usa.gov/x5kk5.</p>	Video			4/24/17 3:09 PM
<p>This week on the Rundown: the winners of a historic leadership awards have been announced, the #USNavy is looking for feedback on stress, and the creation of a response team to help prevent family violence.</p>	Video			4/24/17 10:21 AM

<p>"The seriousness in which I view these incidents is reflected in the seniority of those leading this review. They will provide a full and open accounting to our aviation community, their families and the public." - Vice Chief of Naval Operations Adm. Bill Moran</p>	Link			4/24/17 5:58 AM
<p>End your weekend with a bang – like USS Carney (DDG 64) firing its Mark 45 5-inch gun during a live-fire exercise during Flag Officer Sea Training 2017 in the Atlantic Ocean, April 18.</p>	Photo			4/23/17 3:12 PM
<p>Our #OneNavyTeam serves around the world to protect and defend America. These are some of those Faces of the Fleet...</p>	Link			4/23/17 6:37 AM
<p>More than 90 #USNavy commands are participating in Earth Day events this year. Take a look at how Sailors are doing their part to protect and preserve their Hawaii Nei (beloved Hawaii) – not just during this Earth Month, but always.</p>	Link			4/22/17 3:13 PM
<p>Our #USNavy chaplains provide more than religious support. The Chief of Chaplains of the Navy explains how they're part of our dedication to providing compassionate support to sexual assault victims regardless of their beliefs.</p>	Link			4/22/17 9:38 AM

<p>While today is Earth Day, #USNavy commands across the globe are showcasing their environmental stewardship throughout April as we take care of the environment year-round.</p>	Link			4/22/17 6:21 AM
<p>Drumroll, please. And our Shore Sailor of the Year is...</p>	Link			4/21/17 3:12 PM
<p>Start your weekend by watching our newest Sailors start their #UNavy careers as they graduate boot camp at Naval Station Great Lakes. Welcome aboard shipmates and your families!</p>	Video			4/21/17 6:45 AM
<p>Did you know tomorrow is #PurpleUp Day? The grassroots effort, which began in 2011, is an opportunity to wear purple to show your support for military children because our #KidsServeToo. We know our 'Grapes" will have no problem showing off the joint service color as they're protecting and defending our little shipmates and their families.</p>	Photo			4/20/17 3:27 PM
<p>Welcome home shipmates from USS CORONADO (LCS 4)'s maiden deployment! We know Crew 203 will continue to strengthen relationships and enhance interoperability with key maritime partners.</p>	Link			4/20/17 9:10 AM

<p>Our #KidsServeToo! Download this certificate to thank your child for their service and support during this Month of the Military Child and every day! You can also download it from https://go.usa.gov/x5xeh.</p>	Photo			4/19/17 3:12 PM
<p>Protecting our people protects our mission, and our sexual assault victim advocates are an important part of that. These specially trained volunteers provide victims essential non-clinical support and information about options and resources, and also maintain contact with them as needed for continued support.</p>	Video			4/19/17 9:05 AM
<p>Just a few hours ago, Vice President Mike Pence spoke to service members on USS Ronald Reagan (CVN 76)'s flight deck during his first official travel to the Asia-Pacific region.</p>	Link			4/19/17 6:35 AM
<p>LIVE NOW: Watch as Vice President Mike Pence delivers remarks aboard USS Ronald Reagan (CVN 76) as part of his first official travel to the Asia-Pacific region.</p>	Video			4/18/17 6:23 PM
<p>LIVE 9 P.M. ET: Join us here for Vice President Mike Pence's live remarks aboard USS Ronald Reagan (CVN 76) as part of his first official travel to the Asia-Pacific region</p>	Link			4/18/17 3:13 PM

<p>Today marks 75 years since the Doolittle Raid, which reinvigorated our country's morale following the Pearl Harbor attack. Watch this 1943 US National Archives video to witness the toughness demonstrated during this joint operation between the #USNavy and the U.S. Army Air Forces. Learn more from Naval History & Heritage Command at https://go.usa.gov/x5qUb</p>	Video			4/18/17 9:50 AM
<p>Our future USS Gerald R. Ford - CVN 78 will bring with it 4.5 acres of diplomacy and improved #USNavy warfighting, increased operational availability, as well as reduced operating costs and crew size when it joins our fleet. Let's go inside its builders sea trials – a milestone that marked another step closer to that happening.</p>	Link			4/18/17 7:08 AM
<p>Corpsman up! BZ shipmate! "As soon as I knew that I could be of assistance, I just resorted back to what I learned from my [training as] a corpsman." – Hospital Corpsman Christopher Marroquin</p>	Link			4/17/17 3:13 PM
<p>This week on the Rundown: 6 things to know about SAPR reporting, the #USNavy recognizes Alcohol Awareness Month with a new mobile app to promote drinking responsibly.</p>	Video			4/17/17 9:12 AM

<p>Flight operations are expected to resume today using a modified mask while we continue to work to identify the root cause of recent physiological episodes and have identified a solution. More on the planned way ahead this week here...</p>	<p>Link</p>			<p>4/17/17 6:36 AM</p>
<p>From training to provide options to protect and defend America... to executing those options, our #USNavy Sailors have been busy. Take a look at how they've been operating forward.</p>	<p>Link</p>			<p>4/16/17 4:35 PM</p>
<p>Our Navy Weeks introduce communities without a #USNavy presence to Navy life and how our Sailors protect and defend America. Let's visit our most recent Navy Week along the Mississippi Gulf Coast.</p>	<p>Link</p>			<p>4/16/17 7:05 AM</p>
<p>In case you missed it, our submarine force celebrated 117 years of Silent Service earlier this week. Test your knowledge here and tag a friend to see who knows more!</p>	<p>Link</p>			<p>4/15/17 3:29 PM</p>
<p>The wait is over! The video is here. We apologize for the delay. Thanks for your patience! Welcome to the Navy family.</p>	<p>Link</p>			<p>4/15/17 11:16 AM</p>
<p>Our future USS Gerald R. Ford - CVN 78 is back from builder's sea trials. The next generation aircraft carrier remains on track to conduct acceptance trials and delivery to the #USNavy this spring.</p>	<p>Link</p>			<p>4/15/17 6:11 AM</p>

<p>This new policy is in response to continued reports of explosions of ENDS due to the overheating of lithium-ion batteries. Multiple Sailors have suffered serious injuries from these devices, to include first- and second-degree burns and facial disfigurement.</p>	<p>Link</p>			<p>4/14/17 3:52 PM</p>
<p>Initiative, one of our core attributes, happens in different ways – both personally and professionally. Listen as Chief of Naval Operations Adm. John Richardson talks about the initiative demonstrated by USS Ross’ readiness and how initiative is part of ensuring #NoBystanders in our #OneNavyTeam.</p>	<p>Link</p>			<p>4/14/17 9:41 AM</p>
<p>We apologize for the technical problems about the live feed. However, we're recording it and will post it later today at this address. Thank you for your understanding and welcome aboard to our Navy family!</p>	<p>Link</p>			<p>4/14/17 7:12 AM</p>
<p>BZ to our Sailors aboard our future USS Gerald R. Ford - CVN 78 for their readiness during the ship's sea trials to help a Sailor in need. Read and then share to give a BZ too!</p>	<p>Link</p>			<p>4/14/17 6:35 AM</p>

<p>It's a complex and changing world. Training like this live-fire exercise aboard USS America (LHA 6) is one way that we're always preparing to provide on-scale options. The exercise – seen here looped in slow motion – tested the ship's defenses by destroying a drone using its self-defense Rolling Airframe Missile system.</p>	<p>Video</p>			<p>4/13/17 3:57 PM</p>
<p>See something wrong? Do something right! Did you know that NCIS - Naval Criminal Investigative Service has three ways – text, web and app – to report a crime and issues like direct knowledge of explicit photos taken without consent? Find out more here...</p>	<p>Link</p>			<p>4/13/17 9:21 AM</p>
<p>Time is of the essence if a submarine's pressurized steam lines rupture. Dive deeper into the new damage control equipment we're testing to better protect our Sailors when making emergency repairs or rescuing their shipmates.</p>	<p>Link</p>			<p>4/13/17 6:21 AM</p>
<p>Each of us has a role to play in preventing, reporting and eliminating sexual assault and harassment as well as other toxic behaviors. LISTEN and then SHARE because the message is clear: There can be #NoBystanders in our #OneNavyTeam. Period.</p>	<p>Video</p>			<p>4/12/17 3:12 PM</p>

<p>The USS Dwight D. Eisenhower (CVN 69) Strike Group returned home just a few months, but that doesn't mean its Sailors aren't maintaining their readiness to deploy anywhere in the world on short notice if needed.</p>	<p>Link</p>			<p>4/12/17 6:32 AM</p>
<p>We have a special Tuesday Trivia for you! How well do you know the #USNavy's Submarine Force? Test your knowledge and help celebrate 117 years of Silent Service.</p>	<p>Link</p>			<p>4/11/17 3:08 PM</p>
<p>Expanding and strengthening our network of partners isn't something just for senior #USNavy leaders. Listen to hear why this line of effort in Chief of Naval Operations Adm. John Richardson's "A Design for Maintaining Maritime Superiority" matters.</p>	<p>Link</p>			<p>4/11/17 8:57 AM</p>
<p>Each of us has a role to play in preventing, reporting and eliminating sexual assault because protecting our people protects our mission. It is important to know the reporting options if you or a shipmate is a victim of sexual assault. Here are six things you need to know and understand.</p>	<p>Link</p>			<p>4/11/17 6:45 AM</p>

<p>"The Navy and our industry partners are excited to have the future USS Gerald R. Ford - CVN 78 underway under her own power for the first time, executing a rigorous and comprehensive test program for this first-of-class ship." - Rear Adm. Brian Antonio Program executive officer for aircraft carriers</p>	Photo			4/10/17 6:19 PM
<p>On this National Siblings Day, we'd like to give a big HOOYAH to our sister services – U.S. Army, U.S. Marine Corps, United States Air Force and U.S. Coast Guard – that join us in the fight to protect and defend America! #OneTeam, #OneFight!</p>	Photo			4/10/17 3:14 PM
<p>Lacking Monday motivation? Sailors aboard our future USS Gerald R. Ford - CVN 78 probably aren't having that problem. This weekend, they got underway under the ship's own power for the first time to execute a rigorous and comprehensive test program of their first-of-class ship.</p>	Video			4/10/17 9:49 AM
<p>This week on the Rundown: Quotas and updates are out for the 2017 Meritorious Advancement Program, #USNavy charts the course for the future, and Chief of Naval Personnel - N1 brings Sailor 2025 to Sea Air Space.</p>	Video			4/10/17 6:33 AM

U.S. Navy	Photo			4/10/17 4:28 AM
It's not often that your BZ comes from your Commander-in-Chief President Donald J. Trump aboard Air Force One.	Link			4/9/17 5:52 PM
In case you missed it: Our future USS Paul Ignatius (DDG 117) is now another step closer to joining the #USNavy's fleet. Turn on your sound to experience some of Saturday's christening ceremony.	Video			4/9/17 3:13 PM
Forward and flexible. At the direction of U.S. Pacific Command, the USS Carl Vinson (CVN 70) Carrier Strike Group – seen here in a file photo – is proceeding north from Singapore to operate in the Western Pacific rather than conducting previously planned visits to Australia.	Link			4/9/17 8:28 AM
The #USNavy's future USS Gerald R. Ford - CVN 78 is underway under its own power for the first time, executing a rigorous and comprehensive test program for this first-of-class ship.	Link			4/8/17 3:48 PM
Today, our future USS Paul Ignatius (DDG 117) will be another step closer to joining our fleet, helping us to adapt in both quantity and quality to address more complex, rapidly evolving challenges.	Link			4/8/17 6:52 AM

<p>When we talk about the #USNavy providing on-call, scalable options to address challenges in a changing world, the firing of 59 Tomahawk missiles into Syria is an example of that. Here's why...</p>	<p>Link</p>			<p>4/7/17 6:13 PM</p>
<p>The countdown is on until the #USNavy hosts the U.S. Department of Defense (DoD) Warrior Games in Chicago, and this year marks a first for the competition where athletes will demonstrate their enduring warrior spirit.</p>	<p>Link</p>			<p>4/7/17 3:11 PM</p>
<p>In case you missed it last night: The United States fired 59 Tomahawk missiles from USS Porter and USS Ross in the eastern Mediterranean Sea into Syria in retaliation for the regime of Bashar Assad using nerve agents to attack his own people.</p>	<p>Link</p>			<p>4/7/17 7:13 AM</p>

<p>From the U.S. Department of Defense (DoD): At the direction of the president, U.S. forces conducted a cruise missile strike against a Syrian Air Force airfield today at about 8:40 p.m. EDT (4:40 a.m., April 7, in Syria). The strike targeted Shayrat Airfield in Homs governorate, and were in response to the Syrian government's chemical weapons attack April 4 in Khan Sheikhoun, which killed and injured hundreds of innocent Syrian people, including women and children. More details at http://go.usa.gov/xXQ7v</p>	Video			4/6/17 8:05 PM
<p>Fair winds and following seas, John Glenn – member of our Department of the Navy family as a U.S. Marine Corps fighter pilot, legendary NASA - National Aeronautics and Space Administration astronaut and U.S. senator. Today, he was laid to rest at Arlington National Cemetery. He passed away Dec. 8, 2016, at age 95.</p>	Photo			4/6/17 3:42 PM
<p>The location of the first American shots in World War I, which the United States entered 100-years-ago today, may surprise you. Naval History & Heritage Command explains. Then and now, the #USNavy provides on-call scalable options in a changing world.</p>	Link			4/6/17 6:05 AM

<p>The pause, which is in response to concerns raised by T-45C pilots over the potential for physiological episodes, will allow time for naval aviation leadership to engage with the pilots, hear their concerns and discuss the risk mitigation efforts that are ongoing to correct this issue.</p>	Link			4/5/17 6:14 PM
<p>On this Gold Star Spouses Day and everyday, we honor the families of our fallen shipmates for their service and sacrifice.</p>	Photo			4/5/17 10:26 AM
<p>While April is Sexual Assault Awareness and Prevention Month, the prevention, reporting and elimination of sexual assault is always an all-hands responsibility. Protecting our people to protect our mission starts with you. Share to spread the word.</p>	Link			4/4/17 5:56 PM
<p>Are you expecting to PCS this summer? With permanent change of station orders being issued later than normal due to a continuing resolution for fiscal year 2017, there are a few things you need to know to make your move less stressful.</p>	Link			4/4/17 3:23 PM

<p>Get energized to maintain our edge in today's competitive world. Chief of Naval Operations Adm. John Richardson shares how directed energy like lasers will be a transformational technology that must be done fast and right so the #USNavy is the first on the field with this capability.</p>	<p>Link</p>			<p>4/4/17 9:38 AM</p>
<p>In recognition of Sexual Assault Awareness and Prevention Month, we've changed our profile picture to teal - symbolic of the teal ribbons that are used to mark the month. The April awareness month is designed to build momentum for year-round efforts to eliminate the crime of sexual assault, while making sure all Sailors are treated with dignity and respect. Protecting our People, Protects our Mission!</p>	<p>Photo</p>			<p>4/4/17 9:06 AM</p>
<p>In today's complex and quickly changing world, how are our partnerships a "collective insurance policy?" Turn on your sound as Adm. Bill Moran explained on Monday at the nation's largest maritime expo, Sea Air Space – just outside of Washington, D.C.</p>	<p>Video</p>			<p>4/4/17 6:24 AM</p>

<p>Honoring our past...to build our future inspired by toughness and integrity. The #USNavy celebrated Medal of Honor recipient Thomas Hudner Jr.'s service this weekend during the christening of the guided-missile destroyer that bears his name. His story is all the Monday motivation that you need.</p>	<p>Link</p>			<p>4/3/17 4:11 PM</p>
<p>This week on the Rundown: The enlisted advancement cycle has been announced, it is Sexual Assault Awareness and Prevention Month, and in case you missed it, big news regarding #USNavy GMTs. Watch for more details.</p>	<p>Video</p>			<p>4/3/17 9:04 AM</p>
<p>Sleep tight! Your #USNavy is on watch around the world, protecting and defending America.</p>	<p>Photo</p>			<p>4/2/17 6:15 PM</p>
<p>The #USNavy's largest rating will soon see significant training changes to provide ready and relevant training that will prepare them to manage the continuum of care in high-threat or complex environments.</p>	<p>Link</p>			<p>4/2/17 6:39 AM</p>

<p>No April Fool's Day joke! In case you missed it, we've ended online GMT to improve leader engagement opportunities, reduce administrative distractions and address our Sailors' frustration with current online training products. This is the way ahead...</p>	<p>Link</p>			<p>4/1/17 6:12 PM</p>
<p>Happy birthday to our chief petty officers! For 124 years, you've remained the hallmark of technical expertise and ship's knowledge. Celebrate by testing your knowledge of our deckplate leaders and backbone of our #USNavy then, today and beyond! Navy chief! Navy pride!</p>	<p>Link</p>			<p>4/1/17 5:35 AM</p>
<p>Ahead of Saturday's 124th birthday of the #USNavy chief petty officer, we asked you what your chief taught you about integrity, accountability, initiative and toughness. Check out some of the responses and add your own response in our blog here.</p>	<p>Link</p>			<p>3/31/17 5:00 PM</p>
<p>Starting Saturday, we'll observe Sexual Assault Awareness and Prevention Month. Remember each member of our #OneNavyTeam has a role to play in preventing, reporting and eliminating sexual assault – not just in April, but always because protecting our people protects our mission.</p>	<p>Link</p>			<p>3/31/17 9:40 AM</p>

<p>Our female Sailors and civilians – like Angela Moran – have a rich history of service in the #USNavy. Turn on your sound to listen why the United States Naval Academy professor says one of her contributions to our #OneNavyTeam was life changing for her. BZ Professor Moran!</p>	<p>Video</p>			<p>3/31/17 7:17 AM</p>
<p>Saturday, we'll christen the future USS Thomas Hudner (DDG 116). Read to learn more about the #USNavy's newest guided-missile destroyer.</p>	<p>Link</p>			<p>3/30/17 3:27 PM</p>
<p>In this #31for31, Chief of Naval Operations Adm. John Richardson delivered a keynote address to the 2017 Directed Energy Summit in Washington, DC. Watch for some of the highlights.</p>	<p>Video</p>			<p>3/30/17 9:04 AM</p>
<p>This Saturday, we'll mark 124 years of deckplate leadership by our #USNavy chiefs. Tell us what your chief taught you about integrity, accountability, initiative and toughness. We'll share some of your answers later this week.</p>	<p>Photo</p>			<p>3/29/17 3:46 PM</p>
<p>Our #USNavy Sailors serve around the world, around the clock to protect and defend America. Here's a look at some of our "Faces of the Fleet"...</p>	<p>Link</p>			<p>3/29/17 6:25 AM</p>

<p>In this #31for31, Chief of Naval Operations Adm. John Richardson met in #London with the First Sea Lord of the United Kingdom, Adm. Sir Philip Jones, Royal Navy and Chief of Naval Staff, Adm. Christophe Prazuck, Marine Nationale, affirming their commitment to increased interoperability.</p>	<p>Video</p>			<p>3/28/17 3:27 PM</p>
<p>TUESDAY TRIVIA: Female Sailors and civilians have a long and distinguished legacy of service in our #USNavy. Do you know the name of the first female to be presented the Navy Cross? CLUE: This Chief Nurse received the Navy Cross for her leadership of the Navy Nurse Corps during World War I. Tell us your answer in the comments below.</p>	<p>Link</p>			<p>3/28/17 9:34 AM</p>
<p>Watch Chief of Naval Operations Adm. John Richardson's all-hands call live from Rota Spain.</p>	<p>SharedVideo</p>			<p>3/28/17 5:03 AM</p>
<p>We've heard the feedback from the Fleet that online training is ineffective and impersonal. Now, we want to tell you what we've done about it.</p>	<p>Link</p>			<p>3/27/17 3:19 PM</p>
<p>Vice Chief of Naval Operations Adm. Bill Moran discusses the need for a bigger and more capable #USNavy, the idea of wholeness, and the importance of people. in the latest Soundings podcast. Listen here!</p>	<p>Link</p>			<p>3/27/17 11:36 AM</p>

<p>This week on the Rundown: Chief of Naval Operations Adm. John Richardson addresses stopping toxic behavior, 5 things you need to know about conducting yourself online, and more.</p>	<p>Video</p>			<p>3/27/17 7:22 AM</p>
<p>Navy Weeks allow us to bring our #USNavy home. In Austin, it was also an opportunity to remember more than 3,400 Texans who gave their lives so others might be free.</p>	<p>Link</p>			<p>3/26/17 3:29 PM</p>
<p>Our female Sailors and civilians – like Allison Stiller – have a long and distinguished legacy of service in our #USNavy. On Jan. 20, she began performing the duties of our assistant secretary of the Navy for Research Development & Acquisition.</p>	<p>Video</p>			<p>3/26/17 6:17 AM</p>
<p>Join us in honoring the recipients of our nation's highest medal for valor in combat. On this day in 1863, the first Medals of Honor were presented. Today, learn about our shipmates who earned it for their conspicuous gallantry and intrepidity at the risk of life, above and beyond the call of duty.</p>	<p>Link</p>			<p>3/25/17 6:55 AM</p>

<p>Today, women serve in every rank from seaman to admiral and have the opportunity to serve in any occupation in the #USNavy. In observation of Women's History Month, we want to introduce you to some of our Faces of the Fleet who continue to contribute to a distinguished legacy of service.</p>	Link			3/24/17 3:53 PM
<p>As a maritime nation, we rely on open oceans for prosperity and security. We maintain these open waters while expanding and strengthening our network of partners through exercises like Foal Eagle – a series of joint and combined field training exercises, conducted by the Combined Forces Command and U.S. Forces Korea component commands. Foal Eagle enhances the combat readiness, flexibility, and capabilities of the Republic of Korea and U.S. alliance.</p>	Photo			3/24/17 7:22 AM
<p>If you're not currently receiving the video, please stand-by.</p>	Link			3/24/17 7:09 AM
<p>Welcome home, shipmates! Master Chief Missile Technician Adrian Watkins, assigned to USS Nevada (SSBN 733), hugs his wife after the boat returned to Naval Base Kitsap Tuesday following a routine deterrent patrol.</p>	Photo			3/23/17 3:26 PM

<p>On this Throwback Thursday, we're back to today 1882 when Secretary of the Navy William Hunt created the Office of Naval Intelligence with General Order Number 292. Explore how ONI has constantly transformed and evolved to be what our #USNavy and nation needs.</p>	<p>Link</p>			<p>3/23/17 6:38 AM</p>
<p>When we talk about female Sailors and civilians playing a crucial role in our #USNavy, we're talking about members of our One Navy Team like Raye Montague. Watch as she shares how she revolutionized our ship design process by contributing her talents and adding to a rich history of service.</p>	<p>Video</p>			<p>3/22/17 3:12 PM</p>
<p>Don't be tricked by social engineering like phishing. Always be mindful of the information you're providing to people you don't know, regardless of how sincere or legitimate they may seem. You're in the #NavyCyber battlespace! Get more Naval Operations Security (OPSEC) tips at https://go.usa.gov/xXkCv.</p>	<p>Photo</p>			<p>3/22/17 9:31 AM</p>

<p>Busted, AGAIN! For the second time in five days, USS Laboon (DDG 58) intercepted a small, stateless dhow in the international waters of the Arabian Sea and seized 500 kilograms of Hashish. Maritime security operations at work!</p>	Link			3/22/17 6:34 AM
<p>Take a look at U.S. Navy Blue Angels Boss refueling thanks to the United States Air Force's 79th Air Refueling Squadron. Up next: Brunswick, Georgia, this weekend for the Wings Over Golden Isles Air Show. Get the team's schedule at https://go.usa.gov/xXKAK</p>	Video			3/21/17 3:22 PM
<p>What's the latest about #USNavy personnel initiatives? Hear straight from the top with Chief of Naval Personnel - N1 Vice Adm. Robert Burke in the latest Soundings podcast.</p>	Link			3/21/17 10:09 AM
<p>100-years-ago today: Loretta Perfectus Walsh left her mark on #USNavy history when she became our first female chief petty officer. Travel back in time with us for a historical look at other female Sailors who benefited from our female chiefs' deckplate leadership. BZ shipmates!</p>	Link			3/21/17 6:54 AM

<p>On this date in #USNavy history: In 2003, Operation Iraqi Freedom began after USS Bunker Hill (CG 52) was among the first to launch tomahawk missiles on Iraq, along with other Navy ships in the Red Sea and Arabian Gulf. Today, we're still providing on-call scalable options to address a changing world's challenges.</p>	Video			3/20/17 3:17 PM
<p>This week on the Rundown: A message from Chief of Naval Operations Adm. John Richardson about a problem that we need to solve, a new way to get #USNavy apps, and more. Watch for details.</p>	Video			3/20/17 9:07 AM
<p>Our civilian employees are dedicated professionals and critical members of our #USNavy team. We can't accomplish our mission without them. See how we're mitigating the effects of the federal hiring freeze on our Navy family.</p>	Link			3/20/17 6:28 AM
<p>Our female Sailors – like Vice Adm. Jan Tighe – and civilians have a long and distinguished legacy of service in our #USNavy. Meet our deputy chief of Naval Operations for Information Warfare/director of Naval Intelligence here.</p>	Video			3/19/17 7:30 AM

<p>Start your weekend with a bang – like USS Donald Cook (DDG 75) firing its Mark 45 5-inch gun during a live-fire gunnery exercise during Flag Officer Sea Training 2017 in the Atlantic Ocean, March 13.</p>	Photo			3/18/17 6:43 AM
<p>There’s no room for luck in the #USNavy when we're protecting and defending America! It takes integrity, accountability, initiative and toughness.</p>	Photo			3/17/17 6:44 AM
<p>On this Throwback Thursday, we’re going back to 1945 for an incredible example of initiative and toughness during the Iwo Jima campaign! READ: If you don’t know about Pharmacist's Mate 1st Class Francis Pierce’s actions that earned him the Medal of Honor. SHARE: If you do know his story.</p>	Link			3/16/17 5:10 PM
<p>Watch as Chief of Naval Operations Adm. John Richardson shares why we’re starting the conversation earlier with industry to discuss our #USNavy’s requirements.</p>	Video			3/16/17 7:13 AM
<p>Join us in wishing U.S. 7th Fleet happy birthday! It was established March 15, 1943. Today, it is the largest forward-deployed U.S. fleet, and maintains a forward presence in the Indo--Asia-Pacific providing security and stability to that region.</p>	Photo			3/15/17 4:02 PM

<p>Read this blog and share to spread the message from Chief of Naval Operations Adm. John Richardson that we have a problem and we need to solve it. The discovery of online sites that degrade the female members of our team has shined a light on the fact that this problem persists. There is no room in our Navy for toxic behavior.</p>	Link			3/15/17 6:38 AM
<p>TUESDAY TRIVIA: Female Sailors and civilians have a long and distinguished legacy of service in our #USNavy. Edith Voorhees Hasson is part of that legacy. Tell us why in the comments below. CLUE: https://go.usa.gov/xXrFR</p>	Link			3/14/17 6:06 PM
<p>Questions about the household goods process for a PCS move? There are now more live, interactive webinars to help you! Get the schedule here.</p>	Link			3/14/17 2:51 PM
<p>Competition, winning, failing and most importantly, treating each other with dignity and respect. It's all in Chief of Naval Operations Adm. John Richardson's latest podcast. Listen to Soundings here!</p>	Link			3/14/17 7:27 AM

<p>U.S. Navy Blue Angels history in flight! On Friday, the team took to the skies with one of its jets and its first two performing aircraft, the F6F Hellcat and the F8F Bearcat, before its first airshow in El Centro, California, on Saturday. Up next: The NAWS China Lake Air Show this weekend.</p>	<p>Video</p>			<p>3/13/17 6:21 PM</p>
<p>SHARE TO THANK all of our Sailors who have served aboard USS Carl Vinson (CVN 70) since it was commissioned 35-years-ago today. Right now, it's on a western Pacific deployment under Commander, U.S. Third Fleet's command and control, offering additional options to the U.S. Pacific Fleet commander by leveraging the capabilities of 3rd Fleet and U.S. 7th Fleet.</p>	<p>Photo</p>			<p>3/13/17 3:09 PM</p>
<p>Our female Sailors – like Capt. Amy Bauernschmidt – and civilians have a long and distinguished legacy of service in our #USNavy. Meet USS Abraham Lincoln (CVN 72)'s executive officer here.</p>	<p>Video</p>			<p>3/13/17 10:14 AM</p>

<p>This week on the 100th episode of the Rundown: Chief of Naval Operations Adm. John Richardson announces an essay contest, rating experts are needed to help shape advancement exams, a chance to give back through the Navy-Marine Corps Relief Society and more.</p>	<p>Video</p>			<p>3/13/17 6:46 AM</p>
<p>In case you missed it, watch as USS Detroit - Iron Warriors conduct a successful missile test firing.</p>	<p>Video</p>			<p>3/11/17 3:12 PM</p>
<p>Chief's anchors mark a symbol of expertise, trust, partnership and above all...leadership. The #USNavy is looking for a few chiefs interested in shaping the future of their ratings.</p>	<p>Link</p>			<p>3/11/17 9:07 AM</p>
<p>#USNavy's USS Detroit (LCS 7) + Surface to Surface Missile Module = Distributed Lethality</p>	<p>Link</p>			<p>3/10/17 3:12 PM</p>
<p>The largest annual multilateral humanitarian assistance and disaster relief preparedness mission in the Indo-Asia-Pacific region is underway. Go inside for a closer look at their mission's first stop.</p>	<p>Link</p>			<p>3/10/17 9:12 AM</p>

<p>As our #USNavy sharpens our competitive edge, we need to be scrapping for every advantage we can get. Toxic behaviors make us weaker; they cede our advantage, our people, to the enemy. These behaviors have no place in our Navy. Our ability to succeed is directly tied to our ability to fight as one team – a team that treats one another honorably.</p>	<p>Link</p>			<p>3/9/17 3:58 PM</p>
<p>Go inside the humanitarian mission Continuing Promise 2017 as it strengthens our partnerships and improves cooperation in Central and South America.</p>	<p>Link</p>			<p>3/9/17 9:09 AM</p>
<p>USS George H.W. Bush (CVN 77) performs a passing exercise with USS Philippine Sea (CG 58) and the Hellenic Navy's Elli-class frigate HN Kountouriotis (F-462), March 5. The George H.W. Bush Carrier Strike Group is conducting naval operations in the U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet area of operations in support of U.S. national security interests.</p>	<p>Photo</p>			<p>3/8/17 3:38 PM</p>
<p>On this International Women's Day and every day, our female Sailors and #USNavy civilians continue their rich history of service by contributing their talents and capabilities to our force.</p>	<p>Photo</p>			<p>3/8/17 6:54 AM</p>

<p>A view perfect for a postcard to home from USS MAKIN ISLAND (LHD 8) in the Arabian Sea, March 3! The amphibious assault ship is supporting maritime security operations designed to reassure allies and partners, and preserve the freedom of navigation and the free flow of commerce in the region.</p>	Photo			3/7/17 4:26 PM
<p>Tuesday Trivia: What was the first #USNavy combatant ship to have women assigned to it? Clue: The orders were issued 23-years-ago today. Answer: https://go.usa.gov/xXxSx</p>	Link			3/7/17 6:39 AM
<p>Good news! The U.S. Navy Blue Angels have added another performance to their schedule. See if it is coming to your city!</p>	Link			3/6/17 3:16 PM
<p>On this Rundown: EAOS extensions for first-term Sailors, Chief of Naval Operations Adm. John Richardson's Professional Reading Program, and more</p>	Video			3/6/17 9:18 AM
<p>As this week gets underway, take a look back at February and how our Sailors are providing on-call scalable options to address a changing world's challenges.</p>	Video			3/6/17 6:46 AM
<p>Happy 75th anniversary #USNavy Seabees! To celebrate, test your knowledge about how their "Can Do" attitude builds more than just construction projects.</p>	Link			3/5/17 7:57 AM

<p>Get ready for our #USNavy Seabees' 75th anniversary on Sunday by watching this All Hands Magazine story. Then, share so your friends can dig into their "Can Do" history too!</p>	Video			3/4/17 3:04 PM
<p>For the first time in 25 years, the United States faces a return to great power competition. "It is about winning. Do not mistake that for a second. We are not out there to be the second most powerful navy in the world." - Chief of Naval Operations Adm. John Richardson</p>	Link			3/4/17 11:38 AM
<p>This Women's History Month, we're sharing stories of #USNavy female Sailors and civilians like Naval Sea Systems Command's Sharon Smoot - part of a long and distinguished legacy of service to our Navy.</p>	Video			3/4/17 6:57 AM
<p>Thank you to our Reservists for answering our nation's call in our Navy Reserve for 102 years during war and peace!</p>	Photo			3/3/17 2:28 PM
<p>Go behind the scenes of President Donald J. Trump's visit to our future USS Gerald R. Ford - CVN 78.</p>	Link			3/3/17 7:07 AM
<p>Earlier today, President Donald J. Trump addressed #USNavy Sailors aboard our future USS Gerald R. Ford - CVN 78 - his visit to an aircraft carrier.</p>	Link			3/2/17 6:52 PM

<p>44 years ago today, the first four female #USNavy pilots began training: Lt. j.g. Barbara Allen, Ens. Jane Skiles, Lt. j.g. Judith Neuffer and Ens. Kathleen McNary. Today, women hold nearly every job from naval aviator to deep-sea diver, and have the opportunity to serve in any occupation.</p>	Photo			3/2/17 3:20 PM
<p>LIVE 2:30 P.M. ET: Watch as President Donald J. Trump delivers remarks aboard our future USS Gerald R. Ford - CVN 78.</p>	Link			3/2/17 11:10 AM
<p>Our #USNavy Sailors provide on-call, scalable options in today's rapidly changing world. USS Bataan (LHD 5)'s Blue-Green Team is out there along with its amphibious ready group to provide those options after deploying yesterday from Naval Station Norfolk.</p>	Photo			3/2/17 9:16 AM
<p>BZ shipmates! "This incident is an example of the types of situations our Sailors train for, day-in and day-out." - Cmdr. Edward Weiler Helicopter Sea Combat Squadron Two-Five (HSC-25) commanding officer</p>	Link			3/2/17 6:36 AM
<p>Join us in thanking USS Albuquerque (SSN 706) and the boat's crews for 33 years of service to our #USNavy SHARE to spread the word that our Silent Service continues to run silent and deep!</p>	Link			3/1/17 6:20 PM

<p>Our first #NavyWeek of the year is over, but we're just getting started! Take a look back at Navy Week Mobile here and see if a Navy Week is coming to your community.</p>	Link			3/1/17 3:06 PM
<p>Join us this #WomensHistoryMonth in honoring our female Sailors and civilians for their rich history of service and continuous contributions of their talents and capabilities to our #OneNavyTeam.</p>	Link			3/1/17 6:34 AM
<p>Before we jump into our next Navy Week in Austin, Texas, you've got to see how the U.S. Navy Parachute Team "The Leap Frogs" helped to kick off #NavyWeek Mobile on Thursday. This video is worth watching until the end!</p>	Video			2/28/17 3:17 PM
<p>We're a deployed force that serves around the world to provide on-call, scalable options. Take a look at some places where our #USNavy Sailors are serving to provide those options.</p>	Link			2/28/17 9:34 AM
<p>If you don't know Seaman Joseph Noil's story of toughness, you should! All Hands Magazine shares how the Medal of Honor recipient slowly faded from history, and how the #USNavy righted that wrong.</p>	Link			2/28/17 6:34 AM

<p>Come aboard USS George H.W. Bush (CVN 77) during its operations in the eastern Mediterranean Sea, which demonstrate our ability to conduct precision strikes on ISIS targets from multiple theaters. These strikes highlight the flexibility of the #USNavy's globally-deployed force.</p>	Link			2/27/17 3:23 PM
<p>For the first time in 25 years, the United States is facing a return to great power competition. Listen as Chief of Naval Operations Adm. John Richardson explains what it means for the #USNavy.</p>	Video			2/27/17 9:22 AM
<p>On this Rundown: We're asking Sailors to consider duty as recruit division commanders, how Sailors can get "SMART" with their goals, and more. Watch for details here.</p>	Video			2/27/17 6:35 AM
<p>These #USNavy Sailors aren't walking down the #Oscars red carpet, but this walk down to check for debris aboard USS Carl Vinson (CVN 70) makes sure the aircraft carrier's flight deck is safe for flight operations during its deployment in the western Pacific.</p>	Photo			2/26/17 4:47 PM
<p>It may be the weekend, but our #USNavy Sailors are working around the world, around the clock, operating forward to protect and defend America!</p>	Photo			2/26/17 9:59 AM

<p>Listen as Master Chief Petty Officer of the Navy Steven Giordano discusses his recent travels in the fleet, leadership and the #USNavy's core attributes, and more.</p>	Link			2/26/17 6:38 AM
<p>On this day in 1933: Our first true aircraft carrier, USS Ranger (CV 4), was launched. If you knew that, hit LIKE. If you didn't know that, hit SHARE to tell your friends. 84 years later, the #USNavy continues to adapt in both quantity and quality to protect and defend America!</p>	Link			2/25/17 4:58 PM
<p>Join us in wishing a happy birthday to the #USNavy Supply Corps, which celebrated 222 years of excellence on Thursday! Thank you for maintaining our Sailors' warfighter readiness and improving the quality of life for our Sailors and their families.</p>	Photo			2/25/17 11:41 AM
<p>Our diverse workforce brings together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets. That allows us to operate successfully around the world. Meet a #USNavy Sailor and NASA - National Aeronautics and Space Administration astronaut who has reached for the stars and succeeded.</p>	Video			2/25/17 7:34 AM

<p>#NavyWeek Mobile is here, and so is USS Mitscher (DDG 57)! Hit "LIKE" if you've been to a Navy Week. Hit "WOW" if you'd like to attend one - an opportunity to learn about the #USNavy, our people and our importance to national security and prosperity.</p>	Link			2/24/17 3:46 PM
<p>We're looking for the best of our best to turn civilians into #USNavy Sailors.</p>	Link			2/24/17 6:38 AM
<p>On this Throwback Thursday, we're going back to this day in 1919, the first #USNavy ship named for an enlisted man, USS Osmond Ingram (DD 255), is launched.</p>	Photo			2/23/17 3:12 PM
<p>We're a maritime nation and we rely on open oceans for prosperity and security. USS Barry - DDG 52 transits the Philippine Sea, Feb. 10. The Arleigh Burke-class guided-missile destroyer is on patrol in support of security and stability in the Indo-Asia-Pacific region.</p>	Photo			2/22/17 4:32 PM
<p>Did you know Chicago O'Hare International Airport's name honors a World War II naval aviator? Naval History & Heritage Command shares how the Medal of Honor recipient's toughness continues to be honored.</p>	Link			2/22/17 9:24 AM

<p>DDG-121's keel laying and authentication mark the ceremonial beginning of the #USNavy's future USS Frank E. Petersen, Jr., honoring a U.S. Marine Corps trailblazer.</p>	Link			2/22/17 6:33 AM
<p>Who am I and what did I do? CLUE: During the attack on Pearl Harbor, I literally took matters into my own hands to protect my ship and my shipmates. ANSWER: http://go.usa.gov/x9JKQ A diverse workforce positions the #USNavy to operate successfully around the globe by bringing together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets.</p>	Link			2/21/17 3:12 PM
<p>Whether our #USNavy Sailors serve topside or below deck, we're training – like these USS George H.W. Bush (CVN 77) Sailors during a medical drill – to be ready to provide on-call scalable options.</p>	Photo			2/21/17 10:53 AM
<p>On this Weekly Wire Rundown, we're testing a new personnel web portal, command senior chief and master chief selection board results are out, and more. Watch for details here.</p>	Video			2/21/17 6:21 AM

<p>We're committed to giving our #USNavy Sailors a modern personnel system that they deserve. The first step in providing them a consolidated one-stop shop for their personnel information in here, and we want their feedback.</p>	Link			2/20/17 3:35 PM
<p>On this Presidents Day, take a look with Naval History & Heritage Command at some of our #USNavy ships that honor U.S. presidents.</p>	Link			2/20/17 6:46 AM
<p>In case you missed it, experience hyper-realistic trauma training for our independent duty corpsmen. All Hands Magazine takes you inside this tough course that saves lives in the fleet.</p>	Video			2/19/17 3:22 PM
<p>Why do our #USNavy carrier air wings need the capabilities provided by our 4th and 5th generation aircraft? Get the answer from our air boss.</p>	Link			2/19/17 9:11 AM
<p>BZ to our galleys and culinary specialists who have been recognized for their outstanding food service! Check out the winners and then tell us who has the best galley in the #USNavy.</p>	Link			2/19/17 6:44 AM

<p>It takes #OneNavyTeam to provide on-call scalable options to address a changing world's challenges. Meet USS Dwight D. Eisenhower (CVN 69) Sailors who provided those options during their deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet.</p>	Link			2/18/17 3:36 PM
<p>What does #USNavy toughness mean to you? Chief of Naval Operations Adm. John Richardson explains how toughness - one of our four core attributes - helps to guide our decisions and actions.</p>	Link			2/18/17 10:31 AM
<p>African American Sailors and civilians, like Naval Sea Systems Command's Sharon Smoot, are integral parts of our #OneNavyTeam. Listen as she shares how our #USNavy is strengthened by the diversity of our force.</p>	Video			2/18/17 6:43 AM
<p>Talk about #USNavy toughness! On this day in 1945, Lt. j.g. Rufus Herring's actions during the pre-invasion attack on Iwo Jima earned him the Medal of Honor. Learn about his actions that day in this Nov. 1945 issue of All Hands Magazine at http://go.usa.gov/x9u7H.</p>	Photo			2/17/17 4:23 PM

<p>Building a bridge with an ally, and building and strengthening partnerships to make us a stronger fighting force. #USNavy Seabees with Naval Mobile Construction Battalion 5 and Marines work with Republic of Korea marines to erect an Improved Ribbon Bridge in open waters in Chinhae, South Korea, Jan. 28.</p>	Photo			2/17/17 8:40 AM
<p>Don't miss a second of this tough, hyper-realistic trauma training for our #USNavy independent duty corpsmen. Watch as All Hands Magazine takes you inside this course that saves lives in the fleet.</p>	Video			2/16/17 3:06 PM
<p>"The MQ-4C Triton's advanced intelligence, surveillance, and reconnaissance capabilities bring enhanced battlespace awareness for the fleet to achieve full spectrum superiority." – Adm. Phil Davidson Commander, U.S. Fleet Forces Command</p>	Link			2/16/17 9:09 AM
<p>"PowerPoints are boring; people fall asleep and they are kind of pointless. Getting involved [in the role-playing] allows people to examine how they would actually respond in a real-life scenario." – A quartermaster aboard USS Shiloh (CG 67)</p>	Link			2/16/17 6:24 AM

<p>In order to provide on-call scalable options in a changing world, our #USNavy Sailors need the right capabilities, including the right ammunition. Watch as USS America (LHA 6)'s weapons department completes a four-day ammunition on load – the final requirement for the ship to deploy this summer.</p>	<p>Video</p>			<p>2/15/17 3:14 PM</p>
<p>What does #USNavy toughness mean? Chief of Naval Operations Adm. John Richardson explains in his latest podcast. Listen here.</p>	<p>Link</p>			<p>2/15/17 9:58 AM</p>
<p>Watch to come aboard USS George H.W. Bush (CVN 77)'s flight deck as its carrier strike group joined the Operation Inherent Resolve fight yesterday. The strikes from the eastern Mediterranean Sea demonstrate our ability to conduct precision strikes on ISIS targets from multiple theaters as part of our globally deployed force.</p>	<p>Video</p>			<p>2/14/17 3:23 PM</p>

<p>Who am I? In 1968, I became the first amputee to serve as a #USNavy diver following an accident in 1966 while participating in the recovery of atomic bombs after the crash of two United States Air Force planes. Later, I became our first African-American master diver in 1970. ANSWER: http://go.usa.gov/x9tnH A diverse workforce positions the Navy to operate successfully around the globe by bringing together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets.</p>	Link			2/14/17 10:09 AM
<p>Happy Valentine's Day from the #USNavy! We love serving to protect and defend our Nation and those who we love. Share with someone that you love!</p>	Video			2/14/17 6:43 AM
<p>Today, the USS George H.W. Bush (CVN 77) Carrier Strike Group joined the Operation Inherent Resolve fight. Its strikes from the eastern Mediterranean Sea demonstrate the #USNavy's capability to conduct precision strikes on ISIL targets from multiple theaters, highlighting the flexibility of our globally deployed force.</p>	Link			2/13/17 3:43 PM

<p>Our future USS Tulsa (LCS 16) is another step closer to joining the #USNavy's fleet after its christening this weekend. "Ships like Tulsa will operate where much of our Navy simply cannot, in the shallows and in the littorals, with speed, agility and lethality." - Vice Chief of Naval Operations Adm. Bill Moran</p>	Link			2/13/17 10:39 AM
<p>On this Rundown, the SAIL program is available fleet wide to provide rapid assistance and on-going risk assessment and support for our Sailors who have exhibited suicide-related behavior, the #USNavy wants more enlisted women aboard subs, and Navy COOL will be visiting a city near you. Watch for details now.</p>	Video			2/13/17 7:29 AM
<p>Train like you fight. Fight like you train. Watch as #USNavy USS Donald Cook (DDG 75) fires its MK45 5 inch gun during a live-fire gunnery exercise in U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet's area of operations.</p>	Video			2/12/17 3:46 PM
<p>Sailors should expect a compressed timeline for planning and scheduling military moves through the end of the Continuing Resolution for fiscal year 2017. This is what you should know.</p>	Link			2/12/17 9:14 AM

<p>Listen as Vice Chief of Naval Operations Adm. Bill Moran discusses the need for a larger, well-equipped #USNavy with a focus on Sailors.</p>	<p>Link</p>			<p>2/12/17 6:33 AM</p>
<p>No playtime here. #USNavy Master-at-Arms 2nd Class Jordyn Japiec, a military working dog handler, and Puskos, a Jagdterrier military working dog drug detector, begin the certification process to include obedience training and narcotic detector training onboard Naval Station Norfolk, Feb. 1.</p>	<p>Photo</p>			<p>2/11/17 3:11 PM</p>
<p>The Sailor of the Year program recognizes an individual Sailor who best represented the ever-growing group of dedicated professional Sailors at each command and ultimately the #USNavy. What advice do you have for our Sailors as they prepare?</p>	<p>Photo</p>			<p>2/11/17 9:33 AM</p>
<p>To achieve optimal mission readiness, we provide every #USNavy Sailor and civilian with equal access to the tools and resources they need to succeed. Turn on your sound and listen as Rear Adm. John Fuller shares why his entire goal is to let his work and the content of his character speak for itself.</p>	<p>Video</p>			<p>2/11/17 6:50 AM</p>

<p>Whether above, on or beneath the water, our #USNavy Sailors are serving around the world to provide on-call, scalable options to address challenges in a complex and quickly changing world.</p>	Photo			2/10/17 3:11 PM
<p>Join us in welcoming our newest #USNavy Sailors to the fleet. Watch their boot camp graduation live at 9:45 a.m. ET today.</p>	Video			2/10/17 6:45 AM
<p>An F/A-18E Super Hornet lands on USS Carl Vinson (CVN 70) in the Pacific Ocean, Feb. 4. The #USNavy aircraft carrier and its strike group are on a regularly scheduled Western Pacific deployment as part of the U.S. Pacific Fleet-led initiative to extend the command and control functions of Commander, U.S. Third Fleet.</p>	Photo			2/9/17 3:50 PM
<p>"... on-going demand for naval forces exceeds our long-term supply. And that need continues to grow with no end in sight. Supply is best summed up in one fact: Your Navy today is the smallest we've had in 99 years." - Vice Chief of Naval Operations Adm. Bill Moran told lawmakers this week.</p>	Link			2/9/17 10:03 AM
<p>Our future expeditionary fast transport USNS Yuma (T-EPF 8) is another step closer to joining the #USNavy fleet after successfully completing acceptance trials. Get to know its capabilities here.</p>	Link			2/9/17 6:39 AM

<p>Fair winds and following seas, Sir. We have the watch.</p>	<p>Link</p>			<p>2/8/17 6:27 PM</p>
<p>Our #USNavy Sailors serve around the world. Training like this cold-water endurance ruck march by Explosive Ordnance Disposal Mobile Unit 8 and the Norwegian Army Explosive Ordnance Disposal teams in the austere environment of northern Norway helps prepare our Sailors to conduct decisive combat operations to defeat any enemy.</p>	<p>Photo</p>			<p>2/8/17 3:11 PM</p>
<p>Naval Personnel Command has announced a plan to consolidate several #USNavy Personnel Support Detachment and Customer Support Detachment locations. Find out how the customer service pay and personnel model will better serve our fleet.</p>	<p>Link</p>			<p>2/8/17 8:06 AM</p>
<p>Whether on duty, in uniform or at home, our online behavior must reflect the highest standards of character and conduct. Don't let Jeff down because anything that is unacceptable to say or do in person is also unacceptable online. Honor, Courage, Commitment – online, all the time. #NavyCyber</p>	<p>Photo</p>			<p>2/7/17 3:16 PM</p>

<p>Suicide prevention is not about the numbers; every life lost to suicide is one too many. Find out how the now fleet-wide SAIL program will provide rapid assistance, on-going risk assessment and support for our #USNavy Sailors who have exhibited suicide-related behavior.</p>	<p>Link</p>			<p>2/7/17 9:03 AM</p>
<p>On this Trivia Tuesday: 73 years ago this month, we commissioned our first African-American officers. Q: What did the 12 #USNavy commissioned officers seen here and a warrant officer who received his rank at the same time become known as? A: http://go.usa.gov/x9FQr Today, integrating service members and civilians from diverse backgrounds into our force continues to allow the #USNavy to recruit and retain the nation's top talent from a wider pool of skilled personnel.</p>	<p>Photo</p>			<p>2/7/17 6:33 AM</p>
<p>Watch in slow motion as USS John Paul Jones (DDG 53) participated in a successful flight test Friday – the first intercept of a ballistic missile target using the Standard Missile-3 (SM-3) The SM-3 Block IIA is being developed cooperatively by the United States and Japan to defeat medium- and intermediate-range ballistic missiles.</p>	<p>Video</p>			<p>2/6/17 3:18 PM</p>

<p>On this Rundown: Help for eligible Sailors to decide whether the new Blended Retirement System is right for them, we're expanding on existing efforts to prevent destructive behaviors across the fleet, and more. Watch for details now.</p>	Video			2/6/17 7:46 AM
<p>The arrival of #USNavy E-2D Advanced Hawkeyes in Japan has brought enhanced capabilities to the region. Get to know the E-2D Advanced Hawkeye's improvements here.</p>	Link			2/5/17 6:11 PM
<p>Join us in congratulating the 14 top #USNavy recruiters of 2016. These Sailors visited the Pentagon and met with Chief of Naval Operations Adm. John Richardson and other senior Navy leadership last week. BZ shipmates!</p>	Photo			2/5/17 3:13 PM
<p>Multinational training like Exercise Cutlass Express 2017 helps our #USNavy build and improve on international partnerships while improving our warfighting capability to make us a stronger fighting force. Here's how.</p>	Link			2/5/17 9:54 AM
<p>When you think of #USNavy toughness, you should think of Brandon Myers and how becoming a SEAL prepared him for the fight of his life. This is his story...</p>	Link			2/4/17 6:07 PM

<p>African American History Month provides the #USNavy with an opportunity to recognize the contributions of African American Sailors and personnel – both past and present. Turn on your sound and listen as retired Fleet Master Chief April Beldo reflects on her time as a Sailor.</p>	<p>Video</p>			<p>2/4/17 3:13 PM</p>
<p>Listen as Chief of Naval Operations Adm. John Richardson discusses the four core attributes - Integrity, Accountability, Initiative, and Toughness - outlined in "A Design for Maintaining Maritime Superiority", and their role in today's #USNavy and leader development.</p>	<p>Link</p>			<p>2/4/17 9:04 AM</p>
<p>Watch to experience USS Enterprise (CVN 65)'s decommissioning ceremony. Friday marked the first decommissioning of a nuclear-powered aircraft carrier. Thanks "Big E" for your more than half a century of service!</p>	<p>Video</p>			<p>2/4/17 6:37 AM</p>
<p>How well do you know #USNavy USS Enterprise (CVN 65)'s history? Test your knowledge of our first nuclear-powered aircraft carrier with Naval History & Heritage Command here, and check back for video of today's decommissioning ceremony.</p>	<p>Link</p>			<p>2/3/17 6:30 PM</p>

<p>Today we said fair winds and following seas to CVN-65 during its decommissioning ceremony. Take a look back at the making of USS Enterprise (CVN 65)'s legacy with Naval History & Heritage Command, and check back later to watch the ceremony.</p>	<p>Link</p>			<p>2/3/17 3:12 PM</p>
<p>As you get ready to start your weekend, watch as our newest Sailors graduate boot camp and get ready to start their #USNavy careers.</p>	<p>Video</p>			<p>2/3/17 6:45 AM</p>
<p>#HonorTheFallen: #USNavy SEAL William "Ryan" Owens, who was killed in action in the Arabian Peninsula of Yemen, has been posthumously advanced to senior chief petty officer.</p>	<p>Link</p>			<p>2/2/17 3:28 PM</p>
<p>The #USNavy must adapt in both quantity and quality addressing more complex rapidly evolving challenges. To help improve management of ship manning and personnel inventory for both the surface and submarine ratings, the Navy has established four new ratings for active duty Sailors. Find out what they are here.</p>	<p>Link</p>			<p>2/2/17 9:04 AM</p>

<p>USS Nimitz (CVN 68) transits Sinclair Inlet after getting underway from Puget Sound Naval Shipyard on Tuesday. Nimitz is conducting the Navy's Board of Inspection and Survey (INSURV), which is a periodic inspection to ensure the ship meets Navy standards to be ready to face a complex and quickly changing world.</p>	Photo			2/1/17 3:37 PM
<p>The decision to stay in the U.S. Department of Defense (DoD)'s current retirement system or opt-in to the Blended Retirement System is an important and irrevocable decision that eligible #USNavy Sailors must make based on their own individual circumstances. And help is available for Sailors to make that decision.</p>	Link			2/1/17 9:12 AM
<p>A diverse workforce allows the #USNavy to operate successfully around the globe by bringing together Sailors and civilians with different ideas, experiences, perspectives, capabilities and skill sets. This month, we join our nation in recognizing the contributions of African American Sailors and personnel both past and present.</p>	Link			2/1/17 6:39 AM

<p>Tuesday Trivia: The nuclear powered aircraft carrier has been, and will remain, the centerpiece of naval power projection at and from the sea. Tell us what year the #USNavy's first nuclear powered aircraft carrier USS Enterprise (CVN 65) was commissioned. Naval History & Heritage Command shares the answer and the legacy of ships named Enterprise.</p>	Link			1/31/17 3:12 PM
<p>Our nation faces a complex and quickly changing world, including at sea. That's why training like this visit, board, search, and seizure drill aboard USS WAYNE E. MEYER (DDG 108) is critical so our #USNavy Sailors are ready to provide on-call, scalable options to address these challenges.</p>	Photo			1/31/17 9:42 AM
<p>New Full Speed Ahead training continues the positive work we've done combating destructive behaviors while reinforcing #USNavy core attributes. Find out what's new and what's difference compared to Chart the Course and Bystander Intervention training that was conducted the past two years.</p>	Link			1/31/17 7:02 AM

<p>Honor the Fallen. Chief Special Warfare Operator William "Ryan" Owens was killed in action in Yemen Jan. 28. Chief Owens was assigned to an East Coast-based Special Warfare unit. We have the watch, Shipmate.</p>	Link			1/30/17 3:19 PM
<p>This week on the Rundown: Chief of Naval Operations Adm. John Richardson looks to help develop leaders, a new resource for financial literacy, one Sailor's experience in the career intermission program, and more. Watch for more details.</p>	Video			1/30/17 9:04 AM
<p>In order for our Seabees to build and to fight, they've got to be ready! Sailors assigned to NMCB FOUR got the chance to experience a different side of the #USNavy aboard USS SAN DIEGO (LPD 22)</p>	Link			1/30/17 7:15 AM
<p>"He was from a generation of people who were amazingly tough." That's how Ken Hartle's daughter, Karen Dahl, described her father who was the #USNavy's oldest surviving Pearl Harbor salvage diver. On Tuesday, he died at the age of 103. We have the watch shipmate.</p>	Link			1/29/17 11:12 AM

<p>If you could serve on any #USNavy surface ship, which one would it be? 244 midshipmen at the United States Naval Academy got that opportunity during #ShipSelection Night on Thursday.</p>	Link			1/28/17 9:13 AM
<p>Advancing directed energy supports the #USNavy's effort to strengthen naval power at and from the sea. Watch to come along as Chief of Naval Operations Adm. John Richardson reviewed directed energy systems and weapons being developed and tested U.S. Army White Sands Missile Range.</p>	Video			1/27/17 3:37 PM
<p>If you're experiencing any technical difficulties, you can switch over to our Facebook page at Facebook.com/USNavy.</p>	Link			1/27/17 8:32 AM
<p>Before you get your weekend underway, watch as our newest Sailors get their #USNavy careers underway during their boot camp graduation today at 9:45 a.m. ET.</p>	Video			1/27/17 6:45 AM
<p>A NAVADMIN released today updates several previously announced uniform policy changes. Get the details here.</p>	Link			1/26/17 3:52 PM
<p>On this Throwback Thursday, we're going back to this day in 1913, the body of #USNavy legend John Paul Jones is laid in its final resting place at the United States Naval Academy.</p>	Photo			1/26/17 9:53 AM

<p>Today on #NationalSpousesDay, we honor our #USNavy spouses that embody ideals we cherish: strength, loyalty, and commitment. They stand beside those who stand behind our flag, giving their all and making tremendous sacrifices.</p>	Photo			1/26/17 6:58 AM
<p>Just like the weapons systems we use, our personnel system needs updates to keep pace with a rapidly changing world. Find out how our #Sailor2025 program is working to more effectively recruit, train and manage the force of tomorrow while improving #USNavy warfighting readiness.</p>	Link			1/25/17 6:42 PM
<p>In case you missed it: Chief of Naval Operations Adm. John Richardson released the Navy Leader Development Framework that outlines how the #USNavy will develop leaders to demonstrate both operational excellence and strong character.</p>	Video			1/25/17 3:12 PM
<p>A new application for mobile devices designed to enhance financial literacy for #USNavy Sailors is available to help provide the latest info on the Blended Retirement System that goes into effect in 2018.</p>	Link			1/25/17 9:15 AM

Chief of Naval Operations Adm. John Richardson released the Navy Leader Development Framework today. This document outlines how the #USNavy will develop leaders to demonstrate both operational excellence and strong character. Check out this #31for31 for more information.	Video			1/25/17 6:30 AM
A team of #USNavy scientists and engineers at Naval Surface Warfare Center, Panama City Division (NSWC PCD) have successfully recreated a natural material used for marine wildlife defense to assist military personnel.	Link			1/24/17 3:24 PM
For those Sailors looking for an opportunity to take a sabbatical from the #USNavy, the Career Intermission Program might be for you.	Link			1/24/17 9:39 AM
Caption this! If you want to know what's really happening, visit http://bitly.com/2jNs9d9	Photo			1/24/17 7:02 AM
BZ to the Sailors aboard USS MAKIN ISLAND (LHD 8) for proving why the #USNavy is 100 percent on watch around the globe.	Link			1/23/17 3:49 PM
Navy Cargo Handling Battalion ONE (NCHB-1) Sailors returned to McMurdo Station, Antarctica, in support of the National Science Foundation (NSF) annual resupply mission in support of Operation Deep Freeze.	Link			1/23/17 9:39 AM

<p>This week on the Rundown: we say farewell to a fleet master chief, the Naval War College has more ways #USNavy Sailors can earn a college degree, and the latest from the Every Sailor Every Day campaign. Watch for more details</p>	Video			1/23/17 6:33 AM
<p>In case you missed it: Secretary of Defense James Mattis became our 26th #SecDef on Friday. The next day, he got right to work, meeting with our deputy SecDef, chairman of the Joint Chiefs of Staff, and vice chairman of the Joint Chiefs of Staff at the Pentagon.</p>	Link			1/22/17 6:54 AM
<p>Fair winds and following seas to our shipmates aboard USS George H.W. Bush (CVN 77) which got underway today for its regularly-scheduled deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet. Do you have any words of encouragement for your #USNavy Sailors?</p>	Photo			1/21/17 5:26 PM
<p>Did you recognize a familiar #USNavy voice during Friday's inauguration? BZ to United States Navy Band's Chief Musician Courtney Williams who served as public address announcer!</p>	Photo			1/21/17 10:19 AM

<p>Follow along as the #USNavy USS George H.W. Bush (CVN 77), seen here in a file photo, and the carrier strike group gets underway today for its regularly-scheduled deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet.</p> <p>📰 Story: http://bitly.com/2jD6dUm  Video: http://bitly.com/2j71idv</p>	Link			1/21/17 5:31 AM
<p>MATTIS SENDS: "... I am confident you will do your part. I pledge to you I'll do my best as your Secretary." Read the rest of #SecDef James Mattis' message to the U.S. Department of Defense (DoD) here.</p>	Link			1/20/17 6:54 PM
<p>It's official! Meet your U.S. Department of Defense (DoD) #SecDef, Gen. (Ret.) James Mattis who was sworn in just moments ago by Vice President Mike Pence. Welcome back aboard, Sir!</p>	Photo			1/20/17 4:57 PM
<p>More than 5,000 #USNavy Sailors, Marines and Coast Guardsmen will participate in the 29th Fleet Week New York, May 24-30. Will YOU be there? Tell us YOUR favorite Fleet Week moments from years past!</p>	Link			1/20/17 3:17 PM
<p>The Honorable Sean J. Stackley assumed the responsibilities of acting Secretary of the Navy Jan. 20 at noon.</p>	Link			1/20/17 9:53 AM

<p>6,000 Sailors attached to the USS George H.W. Bush (CVN 77) Carrier Strike Group will depart Norfolk and Mayport, Fla., for a regularly-scheduled deployment.</p>	<p>Link</p>			<p>1/19/17 6:10 PM</p>
<p>The Improved Flame Resistant Variant coverall is now an approved fleet organizational clothing item. Details on what that means for Sailors and when they'll start to see them here.</p>	<p>Link</p>			<p>1/19/17 3:11 PM</p>
<p>Fair winds and following seas, shipmate! Fleet Master Chief April Beldo, one of the #USNavy's most accomplished master chiefs, retires after 34 years of faithful service.</p>	<p>Link</p>			<p>1/19/17 9:12 AM</p>
<p>Secretary of the Navy Ray Mabus is the 75th U.S. Secretary of the Navy, the longest to serve as leader of the #USNavy and U.S. Marine Corps since World War I. Read SECNAV Mabus' remarks from his farewell tribute ceremony.</p>	<p>Link</p>			<p>1/18/17 3:12 PM</p>
<p>No matter where you are, find out how the College of Distance Education at Naval War College is providing superlative education to students around the globe, helping develop leaders and encourage excellence the world over.</p>	<p>Link</p>			<p>1/18/17 9:22 AM</p>

<p>This is your fleet and these are your #USNavy Sailors! These fine men and women are leading from the deck plates and completing missions around the globe. #GoNavy http://bitly.com/2jwOVS</p>	Link			1/18/17 6:33 AM
<p>USS Bataan (LHD 5) conducts a live-fire exercise with the ship's RIM 116 Rolling Airframe Missile weapon system in the Atlantic Ocean, Jan. 11, in preparation for its upcoming deployment.</p>	Photo			1/17/17 4:27 PM
<p>First-term #USNavy Sailors on sea duty can now elect to extend their expiration of active obligated service to complete their sea duty assignment. All Hands Magazine explains the five things you need to know.</p>	Link			1/17/17 9:12 AM
<p>This week on the Rundown: A new way to chat with Navy Detailers, Chief of Naval Personnel - N1 visits U.S. Pacific Fleet Sailor, and more. Watch for all of the details.</p>	Video			1/17/17 6:33 AM
<p>Fair winds and following seas, shipmate! Retired #USNavy Captain Eugene Cernan - the last man on the moon and a naval aviator - died today, NASA - National Aeronautics and Space Administration announced today. We have the watch, shipmate.</p>	Link			1/16/17 4:11 PM

<p>Today we celebrate the late Dr. Martin Luther King, Jr.'s legacy. Dr. King devoted his life to service, organizing rallies and events during the American civil rights movement, a movement influential in #USNavy policy changes, leading to the diverse Fleet we have today. What does Dr. King's legacy mean to you?</p>	Photo			1/16/17 9:06 AM
<p>"Today we honor some of our nation's finest heroes, not just for their individual acts of courage and bravery in the face of danger, but for the everyday selflessness that they and their peers demonstrate." - Secretary of the Navy Ray Mabus</p>	Link			1/14/17 9:12 AM
<p>On this day in 1967, the #USNavy established The office of the Senior Enlisted Advisor to the Chief of Naval Personnel. Master Chief Gunner's Mate Delbert D. Black was appointed to the position. In March of that same year, the position was renamed to Master Chief Petty Officer of the Navy (MCPON). Learn more about MCPON Black and the office of the MCPON at Naval History & Heritage Command #MCPON50</p>	Link			1/13/17 3:12 PM
<p>"I am here to paint the big picture of Sailor 2025. My main job is to make sure that the fleet is fully manned." - Vice Adm. Robert Burke Chief of Naval Personnel - N1</p>	Link			1/13/17 9:12 AM

<p>Before the Surface Navy Association's National Symposium wrapped up Thursday, we talked to our top SWO about how #USNavy distributed lethality increases our reach and ability to control the sea. Turn on your sound to hear Vice. Adm. Tom Rowden's answers.</p>	Video			1/13/17 5:37 AM
<p>"We've got to keep one eye on today and be ready to fight tonight. When we deploy, we have to ensure those ships are ready for what's on the horizon, but also keep an eye on the future." - Secretary of the Navy Ray Mabus at the Surface Navy Association Symposium on Wednesday.</p>	Link			1/12/17 6:25 AM
<p>WATCH LIVE: What's ahead for the Surface Navy? #USNavy Rear Adm. Ron Boxall is at the Surface Navy Association's 29th annual National Symposium with a look ahead. ♦ The symposium highlights the doctrine of distributed lethality as a valuable warfare strategy that enhances naval power at and from the sea.</p>	Video			1/11/17 9:08 AM

<p>The Surface Navy Association's 29th annual National Symposium highlights the doctrine of distributed lethality as a valuable warfare strategy that enhances #USNavy power at and from the sea. As Wednesday's sessions get underway, catch-up on discussions sessions about "Distributed Lethality: Enabling #SeaControl.</p>	Link			1/11/17 6:43 AM
<p>#USNavy toughness could be defined by United States Naval Academy Midshipman Jonathan Dennler's heroism following a deadly storm on a camping trip. After you read his story, you'll want to give him a BZ in the comments below!</p>	Link			1/10/17 6:11 PM
<p>#SeaControl is critical to ensuring global stability, national security and the safety of international sea lanes. Turn on your sound to learn how #USNavy distributed lethality increases our reach and ability to control the sea.</p>	Video			1/10/17 2:52 PM
<p>LIVE NOW: Our top SWO explains how #USNavy Distributed Lethality returns us to #SeaControl in a complex and quickly changing world.</p>	Link			1/10/17 10:07 AM

<p>On this day in 2009, the #USNavy commissioned the 10th and final nuclear-powered Nimitz-class carrier, USS George H.W. Bush (CVN 77) in front of thousands attending a pierside ceremony at Naval Station Norfolk.</p>	Photo			1/10/17 7:13 AM
<p>A centuries-old tradition dating back to the inauguration of President George Washington continues with the help of the US Navy Ceremonial Guard. Take a look from the 58th Presidential Inauguration - Joint Task Force National Capital Region here.</p>	Video			1/9/17 6:08 PM
<p>As a maritime nation, we rely on open oceans for prosperity and security. Our top SWO explains how #USNavy Distributed Lethality returns us to #SeaControl in a complex and quickly changing world.</p>	Link			1/9/17 3:23 PM
<p>MEDITERRANEAN SEA (Dec. 28, 2016) The guided missile destroyer USS Porter (DDG 78) fires a five-inch gun during a live-fire exercise. Porter, forward-deployed to Rota, Spain, is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe. (U.S. Navy photo by Mass Communication Specialist Seaman Ford Williams/Released)</p>	Photo			1/9/17 9:42 AM

<p>This week on the Rundown: we're highlighting resources to help you with your PCS move, a program that gives you the chance to take a break from #USNavy, and how you can better manage your money in 2017. Watch for more details.</p>	Video			1/9/17 7:03 AM
<p>The United States faces a complex and quickly changing world, which is reflected at sea. Watch for a preview of how distributed lethality will return our #USNavy Surface Warriors to sea control. Stay tuned throughout the week.</p>	Video			1/8/17 4:33 PM
<p>USS Dwight D. Eisenhower (CVN 69) Carrier Strike Group's on time return was more than a good thing for its Sailors and their families. See why its deployment is an example of rotating our #USNavy force and surging it if necessary.</p>	Link			1/8/17 7:21 AM
<p>Sweepers, sweepers, man your brooms – rather your shovels! #USNavy USS George Washington (CVN 73), seen here Saturday in Norfolk, saw wintry weather today as part of the region's first winter storm of 2017. The ship is preparing to move to Newport News, Virginia, for its refueling complex (RCOH) maintenance.</p>	Photo			1/7/17 2:20 PM

<p>Honoring the Fallen. Fulfilling our Nation's Promise. A U.S. flag is presented to the niece of #USNavy Water Tender First Class Walter Henry Sollie on Friday. Her uncle was killed in the Pearl Harbor attack aboard USS Oklahoma (BB 37). Recently, the Defense POW / MIA Accounting Agency identified his remains through a DNA match. Yesterday, his funeral was held in Pensacola. We have the watch shipmate.</p>	Photo			1/7/17 7:17 AM
<p>A #USNavy E-2C Hawkeye prepares to launch from USS Carl Vinson (CVN 70) in the Pacific Ocean, January 5. The Carl Vinson Carrier Strike Group will report to U.S. 3rd Fleet, headquartered in San Diego, while deployed to the Western Pacific as part of the U.S. Pacific Fleet-led initiative to extend the command and control functions of 3rd Fleet into the region.</p>	Photo			1/6/17 2:32 PM
<p>Watch live as the Department of the #USNavy says farewell to our 75th Secretary of the Navy Ray Mabus at Marine Barracks Washington 8th & I.</p>	Video			1/6/17 7:05 AM

<p>"Our forward presence contributes to freedom of navigation and lawful use of the sea, as well as furthers operational training and enabling the exchange of culture, skills, and tactical knowledge." - Rear Adm. James W. Kilby Commander, Carrier Strike Group 1</p>	<p>Link</p>			<p>1/5/17 6:13 PM</p>
<p>On this Throwback Thursday, we're going back to 2016 - a year of integrity, accountability, initiative and toughness in the #USNavy. A lot happened last year. So, watch until the end and tell us your favorite moment in the comments below.</p>	<p>Video</p>			<p>1/5/17 11:13 AM</p>
<p>Airman Apprentice Andrew Mackey performs evening colors aboard #USNavy USS Carl Vinson (CVN 70) yesterday. Today, the carrier strike group begins to deploy on a regularly-scheduled deployment to the Western Pacific where it will conduct bilateral exercises in the Indo-Asia-Pacific region.</p>	<p>Photo</p>			<p>1/5/17 6:17 AM</p>

<p>Practice makes perfect! #USNavy Sailors assigned to Surface Warfare Detachment 2 aboard USS CORONADO (LCS 4) participate in visit, board, search and seizure training Jan. 3 in Changi, Singapore. Coronado is a fast and agile warship tailor-made to patrol Asian Pacific littorals and work hull-to-hull with partner navies, providing U.S. 7th Fleet with the flexible capabilities it needs now and in the future.</p>	Photo			1/4/17 9:28 AM
<p>Do you have questions about military moves for a permanent change of station, retirement or separation? Then, you'll want to participate in one of these upcoming live webinars starting next week.</p>	Link			1/4/17 6:37 AM
<p>Make it your mission to start 2017 with optimism. Positive thinking can help keep stress in check and improve your mood. Use this final #USNavy #FITmasTime tip and others that we shared to continue prioritizing your health in the new year.</p>	Link			1/3/17 10:05 AM
<p>Mark your calendars now: Tax returns are due April 18. All Hands Magazine explains why you may not receive your refund as early as in previous years.</p>	Link			1/3/17 6:49 AM

<p>Watch for all the Monday Motivation you'll need in 2017: A mother being reunited with her USS Nitze DDG 94 Sailor on Friday after the ship's 7-month deployment.</p>	Video			1/2/17 3:14 PM
<p>Financial challenges can be a significant source of anxiety. Give yourself a solid financial foundation in 2017 by setting up an emergency fund, making saving a habit and thoughtfully thinking through purchases. Get more #FITmasTime tips at http://bitly.com/2iWSUtW.</p>	Photo			1/2/17 7:57 AM
<p>To our entire #OneNavyTeam, thanks for everything you did last year. Our work continues in 2017 to strengthen naval power at and from the sea, achieve high-velocity learning at every level, strengthen our #USNavy team for the future, and expand and strengthen our network of partners.</p>	Video			1/1/17 3:13 PM
<p>USS Dwight D. Eisenhower (CVN 69) Sailors are spending their first holiday with their families in seven months after Ike's deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet. Take another look at Friday's homecoming here.</p>	Video			1/1/17 11:14 AM

Start 2017 strong by resolving to focus on your physical fitness. Engaging in regular physical activity is one of the most vital things that #USNavy Sailors of all ages can do to improve their health - both psychological and physical. Get more #FITmasTime tips at <http://j.mp/2iV1y0k>

Photo

1/1/17 7:10 AM

Audience Targeting	other clicks	photo view	link clicks	video play
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	1227	5	499	

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	4635	5306	19	
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	1537	42	1	683

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	19931	36	28260	
	3504	41	47	1115
	22274	52	8783	
	10915	49	7395	
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	766		379	
	36984	35	12099	

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	2627	26	2723	

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	797	6	237	
	5220	5	5806	

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	68	2573		
	668	20	9	449

	2267	8	1514	
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	14522	6291	42	
	6172	18	5442	

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	1295	5	409	

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	13462		18	6
	5992	12	6391	
	1351	3	615	

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	10240	81	14	3696

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	3907	8	5301	
	2623	2	2474	

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	4451	3961	14	

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Post Message	Type	Countries	Languages	Posted
U.S. Navy	Photo			4/30/17 7:23 PM
Although Sexual Assault Awareness and Prevention Month is coming to an end, our #OneNavyTeam's work continues to eliminate the crime of sexual assault and ensure our team members are treated with dignity and respect because protecting our people protects our mission.	Photo			4/30/17 8:06 AM
#USNavy forces – like USS Carl Vinson (CVN 70) – provide on-call scalable options to address a changing world's challenges, and the ship's Sailors have the ammunition to do that thanks to Helicopter Sea Combat Squadron FOUR, HSC-4 and USNS Richard E. Byrd (T-AKE 4).	Video			4/29/17 3:20 PM
Watch to help celebrate the christening of our future USS Indiana (SSN 789). Learn more about the next-generation attack submarine at https://go.usa.gov/x55Jj .	Video			4/29/17 8:08 AM

<p>Watch and wait for the flyover as USS Carl Vinson (CVN 70), USS Lake Champlain (CG 57), USS Wayne E. Meyer (DDG 108) and USS Michael Murphy (DDG 112) transited the Philippine Sea today with two Japan Maritime Self Defence Force destroyers. For more than 70 years, we've been routinely patrolling the Indo-Asia-Pacific to promote regional peace and security, and that continued today!</p>	Video			4/28/17 3:16 PM
<p>On this National Superhero Day, we remember that not all heroes wear capes....#USNavy Sailors, past and present, serve to protect and defend America. Tell us about your Navy hero.</p>	Photo			4/28/17 6:44 AM
<p>On this Throwback Thursday, we're going back to May 16, 2015: The keel laying ceremony for future USS Indiana (SSN 789). This Saturday, we'll christen our newest Virginia-class fast attack submarine. You can watch the ceremony here starting at 11 a.m. EDT.</p>	Photo			4/27/17 3:31 PM
<p>It's Take Our Daughters and Sons to Work Day. What would you tell your children about why you joined the #USNavy?</p>	Photo			4/27/17 6:33 AM

<p>Traumatic brain injuries can happen to anyone and not all TBIs are equal. All Hands Magazine shares how a retired Sailor's decision to seek treatment has put him on a mission to help others.</p>	<p>Link</p>			<p>4/26/17 5:23 PM</p>
<p>We're committed to learning and adapting faster – always getting better, striving to the limits of our performance. Watch live at 4 p.m. ET on the U.S. Marine Corps Facebook page for an example of how our #BlueGreenTeam is doing that.</p>	<p>SharedVideo</p>			<p>4/26/17 12:31 PM</p>
<p>Wednesday Wisdom: No matter how complex and quickly the world changes, the #USNavy will always fight to maintain prosperity and security on the open oceans.</p>	<p>Photo</p>			<p>4/26/17 6:31 AM</p>
<p>As a maritime nation, we rely on open oceans for prosperity and security. We maintain those open waters while expanding and strengthening our network of partners – like USS Carl Vinson (CVN 70) seen here transiting the Philippine Sea while conducting a bilateral exercise with the Japan Maritime Self Defense Force.</p>	<p>Photo</p>			<p>4/25/17 5:06 PM</p>

<p>Sexual assault is a serious crime, and we want victims to get the help they need. Help is always available through the Department of Defense Safe Helpline at 1-877-995-5247 or http://www.safehelpline.org. Turn on your sound to meet some of the people who are ready to help because protecting our people protects our mission.</p>	Video			4/25/17 9:21 AM
<p>"This visit is yet another example of the steadfast ROK and U.S. naval partnership." – Rear Adm. Brad Cooper U.S. Naval Forces Korea</p>	Link			4/25/17 6:46 AM
<p>Happy 71st birthday to the U.S. Navy Blue Angels! Watch to see some of this year's demonstrations, showcasing the pride and professionalism of the #USNavy and U.S. Marine Corps since 1946. Check out the team's schedule at https://go.usa.gov/x5kk5.</p>	Video			4/24/17 3:09 PM
<p>This week on the Rundown: the winners of a historic leadership awards have been announced, the #USNavy is looking for feedback on stress, and the creation of a response team to help prevent family violence.</p>	Video			4/24/17 10:21 AM

<p>"The seriousness in which I view these incidents is reflected in the seniority of those leading this review. They will provide a full and open accounting to our aviation community, their families and the public." - Vice Chief of Naval Operations Adm. Bill Moran</p>	Link			4/24/17 5:58 AM
<p>End your weekend with a bang – like USS Carney (DDG 64) firing its Mark 45 5-inch gun during a live-fire exercise during Flag Officer Sea Training 2017 in the Atlantic Ocean, April 18.</p>	Photo			4/23/17 3:12 PM
<p>Our #OneNavyTeam serves around the world to protect and defend America. These are some of those Faces of the Fleet...</p>	Link			4/23/17 6:37 AM
<p>More than 90 #USNavy commands are participating in Earth Day events this year. Take a look at how Sailors are doing their part to protect and preserve their Hawaii Nei (beloved Hawaii) – not just during this Earth Month, but always.</p>	Link			4/22/17 3:13 PM
<p>Our #USNavy chaplains provide more than religious support. The Chief of Chaplains of the Navy explains how they're part of our dedication to providing compassionate support to sexual assault victims regardless of their beliefs.</p>	Link			4/22/17 9:38 AM

<p>While today is Earth Day, #USNavy commands across the globe are showcasing their environmental stewardship throughout April as we take care of the environment year-round.</p>	Link			4/22/17 6:21 AM
<p>Drumroll, please. And our Shore Sailor of the Year is...</p>	Link			4/21/17 3:12 PM
<p>Start your weekend by watching our newest Sailors start their #UNavy careers as they graduate boot camp at Naval Station Great Lakes. Welcome aboard shipmates and your families!</p>	Video			4/21/17 6:45 AM
<p>Did you know tomorrow is #PurpleUp Day? The grassroots effort, which began in 2011, is an opportunity to wear purple to show your support for military children because our #KidsServeToo. We know our 'Grapes" will have no problem showing off the joint service color as they're protecting and defending our little shipmates and their families.</p>	Photo			4/20/17 3:27 PM
<p>Welcome home shipmates from USS CORONADO (LCS 4)'s maiden deployment! We know Crew 203 will continue to strengthen relationships and enhance interoperability with key maritime partners.</p>	Link			4/20/17 9:10 AM

<p>Our #KidsServeToo! Download this certificate to thank your child for their service and support during this Month of the Military Child and every day! You can also download it from https://go.usa.gov/x5xeh.</p>	Photo			4/19/17 3:12 PM
<p>Protecting our people protects our mission, and our sexual assault victim advocates are an important part of that. These specially trained volunteers provide victims essential non-clinical support and information about options and resources, and also maintain contact with them as needed for continued support.</p>	Video			4/19/17 9:05 AM
<p>Just a few hours ago, Vice President Mike Pence spoke to service members on USS Ronald Reagan (CVN 76)'s flight deck during his first official travel to the Asia-Pacific region.</p>	Link			4/19/17 6:35 AM
<p>LIVE NOW: Watch as Vice President Mike Pence delivers remarks aboard USS Ronald Reagan (CVN 76) as part of his first official travel to the Asia-Pacific region.</p>	Video			4/18/17 6:23 PM
<p>LIVE 9 P.M. ET: Join us here for Vice President Mike Pence's live remarks aboard USS Ronald Reagan (CVN 76) as part of his first official travel to the Asia-Pacific region</p>	Link			4/18/17 3:13 PM

<p>Today marks 75 years since the Doolittle Raid, which reinvigorated our country's morale following the Pearl Harbor attack. Watch this 1943 US National Archives video to witness the toughness demonstrated during this joint operation between the #USNavy and the U.S. Army Air Forces. Learn more from Naval History & Heritage Command at https://go.usa.gov/x5qUb</p>	Video			4/18/17 9:50 AM
<p>Our future USS Gerald R. Ford - CVN 78 will bring with it 4.5 acres of diplomacy and improved #USNavy warfighting, increased operational availability, as well as reduced operating costs and crew size when it joins our fleet. Let's go inside its builders sea trials – a milestone that marked another step closer to that happening.</p>	Link			4/18/17 7:08 AM
<p>Corpsman up! BZ shipmate! "As soon as I knew that I could be of assistance, I just resorted back to what I learned from my [training as] a corpsman." – Hospital Corpsman Christopher Marroquin</p>	Link			4/17/17 3:13 PM
<p>This week on the Rundown: 6 things to know about SAPR reporting, the #USNavy recognizes Alcohol Awareness Month with a new mobile app to promote drinking responsibly.</p>	Video			4/17/17 9:12 AM

<p>Flight operations are expected to resume today using a modified mask while we continue to work to identify the root cause of recent physiological episodes and have identified a solution. More on the planned way ahead this week here...</p>	<p>Link</p>			<p>4/17/17 6:36 AM</p>
<p>From training to provide options to protect and defend America... to executing those options, our #USNavy Sailors have been busy. Take a look at how they've been operating forward.</p>	<p>Link</p>			<p>4/16/17 4:35 PM</p>
<p>Our Navy Weeks introduce communities without a #USNavy presence to Navy life and how our Sailors protect and defend America. Let's visit our most recent Navy Week along the Mississippi Gulf Coast.</p>	<p>Link</p>			<p>4/16/17 7:05 AM</p>
<p>In case you missed it, our submarine force celebrated 117 years of Silent Service earlier this week. Test your knowledge here and tag a friend to see who knows more!</p>	<p>Link</p>			<p>4/15/17 3:29 PM</p>
<p>The wait is over! The video is here. We apologize for the delay. Thanks for your patience! Welcome to the Navy family.</p>	<p>Link</p>			<p>4/15/17 11:16 AM</p>
<p>Our future USS Gerald R. Ford - CVN 78 is back from builder's sea trials. The next generation aircraft carrier remains on track to conduct acceptance trials and delivery to the #USNavy this spring.</p>	<p>Link</p>			<p>4/15/17 6:11 AM</p>

<p>This new policy is in response to continued reports of explosions of ENDS due to the overheating of lithium-ion batteries. Multiple Sailors have suffered serious injuries from these devices, to include first- and second-degree burns and facial disfigurement.</p>	<p>Link</p>			<p>4/14/17 3:52 PM</p>
<p>Initiative, one of our core attributes, happens in different ways – both personally and professionally. Listen as Chief of Naval Operations Adm. John Richardson talks about the initiative demonstrated by USS Ross’ readiness and how initiative is part of ensuring #NoBystanders in our #OneNavyTeam.</p>	<p>Link</p>			<p>4/14/17 9:41 AM</p>
<p>We apologize for the technical problems about the live feed. However, we're recording it and will post it later today at this address. Thank you for your understanding and welcome aboard to our Navy family!</p>	<p>Link</p>			<p>4/14/17 7:12 AM</p>
<p>BZ to our Sailors aboard our future USS Gerald R. Ford - CVN 78 for their readiness during the ship's sea trials to help a Sailor in need. Read and then share to give a BZ too!</p>	<p>Link</p>			<p>4/14/17 6:35 AM</p>

<p>It's a complex and changing world. Training like this live-fire exercise aboard USS America (LHA 6) is one way that we're always preparing to provide on-scale options. The exercise – seen here looped in slow motion – tested the ship's defenses by destroying a drone using its self-defense Rolling Airframe Missile system.</p>	<p>Video</p>			<p>4/13/17 3:57 PM</p>
<p>See something wrong? Do something right! Did you know that NCIS - Naval Criminal Investigative Service has three ways – text, web and app – to report a crime and issues like direct knowledge of explicit photos taken without consent? Find out more here...</p>	<p>Link</p>			<p>4/13/17 9:21 AM</p>
<p>Time is of the essence if a submarine's pressurized steam lines rupture. Dive deeper into the new damage control equipment we're testing to better protect our Sailors when making emergency repairs or rescuing their shipmates.</p>	<p>Link</p>			<p>4/13/17 6:21 AM</p>
<p>Each of us has a role to play in preventing, reporting and eliminating sexual assault and harassment as well as other toxic behaviors. LISTEN and then SHARE because the message is clear: There can be #NoBystanders in our #OneNavyTeam. Period.</p>	<p>Video</p>			<p>4/12/17 3:12 PM</p>

<p>The USS Dwight D. Eisenhower (CVN 69) Strike Group returned home just a few months, but that doesn't mean its Sailors aren't maintaining their readiness to deploy anywhere in the world on short notice if needed.</p>	<p>Link</p>			<p>4/12/17 6:32 AM</p>
<p>We have a special Tuesday Trivia for you! How well do you know the #USNavy's Submarine Force? Test your knowledge and help celebrate 117 years of Silent Service.</p>	<p>Link</p>			<p>4/11/17 3:08 PM</p>
<p>Expanding and strengthening our network of partners isn't something just for senior #USNavy leaders. Listen to hear why this line of effort in Chief of Naval Operations Adm. John Richardson's "A Design for Maintaining Maritime Superiority" matters.</p>	<p>Link</p>			<p>4/11/17 8:57 AM</p>
<p>Each of us has a role to play in preventing, reporting and eliminating sexual assault because protecting our people protects our mission. It is important to know the reporting options if you or a shipmate is a victim of sexual assault. Here are six things you need to know and understand.</p>	<p>Link</p>			<p>4/11/17 6:45 AM</p>

<p>"The Navy and our industry partners are excited to have the future USS Gerald R. Ford - CVN 78 underway under her own power for the first time, executing a rigorous and comprehensive test program for this first-of-class ship." - Rear Adm. Brian Antonio Program executive officer for aircraft carriers</p>	Photo			4/10/17 6:19 PM
<p>On this National Siblings Day, we'd like to give a big HOOYAH to our sister services – U.S. Army, U.S. Marine Corps, United States Air Force and U.S. Coast Guard – that join us in the fight to protect and defend America! #OneTeam, #OneFight!</p>	Photo			4/10/17 3:14 PM
<p>Lacking Monday motivation? Sailors aboard our future USS Gerald R. Ford - CVN 78 probably aren't having that problem. This weekend, they got underway under the ship's own power for the first time to execute a rigorous and comprehensive test program of their first-of-class ship.</p>	Video			4/10/17 9:49 AM
<p>This week on the Rundown: Quotas and updates are out for the 2017 Meritorious Advancement Program, #USNavy charts the course for the future, and Chief of Naval Personnel - N1 brings Sailor 2025 to Sea Air Space.</p>	Video			4/10/17 6:33 AM

U.S. Navy	Photo			4/10/17 4:28 AM
It's not often that your BZ comes from your Commander-in-Chief President Donald J. Trump aboard Air Force One.	Link			4/9/17 5:52 PM
In case you missed it: Our future USS Paul Ignatius (DDG 117) is now another step closer to joining the #USNavy's fleet. Turn on your sound to experience some of Saturday's christening ceremony.	Video			4/9/17 3:13 PM
Forward and flexible. At the direction of U.S. Pacific Command, the USS Carl Vinson (CVN 70) Carrier Strike Group – seen here in a file photo – is proceeding north from Singapore to operate in the Western Pacific rather than conducting previously planned visits to Australia.	Link			4/9/17 8:28 AM
The #USNavy's future USS Gerald R. Ford - CVN 78 is underway under its own power for the first time, executing a rigorous and comprehensive test program for this first-of-class ship.	Link			4/8/17 3:48 PM
Today, our future USS Paul Ignatius (DDG 117) will be another step closer to joining our fleet, helping us to adapt in both quantity and quality to address more complex, rapidly evolving challenges.	Link			4/8/17 6:52 AM

<p>When we talk about the #USNavy providing on-call, scalable options to address challenges in a changing world, the firing of 59 Tomahawk missiles into Syria is an example of that. Here's why...</p>	Link			4/7/17 6:13 PM
<p>The countdown is on until the #USNavy hosts the U.S. Department of Defense (DoD) Warrior Games in Chicago, and this year marks a first for the competition where athletes will demonstrate their enduring warrior spirit.</p>	Link			4/7/17 3:11 PM
<p>In case you missed it last night: The United States fired 59 Tomahawk missiles from USS Porter and USS Ross in the eastern Mediterranean Sea into Syria in retaliation for the regime of Bashar Assad using nerve agents to attack his own people.</p>	Link			4/7/17 7:13 AM

<p>From the U.S. Department of Defense (DoD): At the direction of the president, U.S. forces conducted a cruise missile strike against a Syrian Air Force airfield today at about 8:40 p.m. EDT (4:40 a.m., April 7, in Syria). The strike targeted Shayrat Airfield in Homs governorate, and were in response to the Syrian government's chemical weapons attack April 4 in Khan Sheikhoun, which killed and injured hundreds of innocent Syrian people, including women and children. More details at http://go.usa.gov/xXQ7v</p>	Video			4/6/17 8:05 PM
<p>Fair winds and following seas, John Glenn – member of our Department of the Navy family as a U.S. Marine Corps fighter pilot, legendary NASA - National Aeronautics and Space Administration astronaut and U.S. senator. Today, he was laid to rest at Arlington National Cemetery. He passed away Dec. 8, 2016, at age 95.</p>	Photo			4/6/17 3:42 PM
<p>The location of the first American shots in World War I, which the United States entered 100-years-ago today, may surprise you. Naval History & Heritage Command explains. Then and now, the #USNavy provides on-call scalable options in a changing world.</p>	Link			4/6/17 6:05 AM

<p>The pause, which is in response to concerns raised by T-45C pilots over the potential for physiological episodes, will allow time for naval aviation leadership to engage with the pilots, hear their concerns and discuss the risk mitigation efforts that are ongoing to correct this issue.</p>	Link			4/5/17 6:14 PM
<p>On this Gold Star Spouses Day and everyday, we honor the families of our fallen shipmates for their service and sacrifice.</p>	Photo			4/5/17 10:26 AM
<p>While April is Sexual Assault Awareness and Prevention Month, the prevention, reporting and elimination of sexual assault is always an all-hands responsibility. Protecting our people to protect our mission starts with you. Share to spread the word.</p>	Link			4/4/17 5:56 PM
<p>Are you expecting to PCS this summer? With permanent change of station orders being issued later than normal due to a continuing resolution for fiscal year 2017, there are a few things you need to know to make your move less stressful.</p>	Link			4/4/17 3:23 PM

<p>Get energized to maintain our edge in today's competitive world. Chief of Naval Operations Adm. John Richardson shares how directed energy like lasers will be a transformational technology that must be done fast and right so the #USNavy is the first on the field with this capability.</p>	<p>Link</p>			<p>4/4/17 9:38 AM</p>
<p>In recognition of Sexual Assault Awareness and Prevention Month, we've changed our profile picture to teal - symbolic of the teal ribbons that are used to mark the month. The April awareness month is designed to build momentum for year-round efforts to eliminate the crime of sexual assault, while making sure all Sailors are treated with dignity and respect. Protecting our People, Protects our Mission!</p>	<p>Photo</p>			<p>4/4/17 9:06 AM</p>
<p>In today's complex and quickly changing world, how are our partnerships a "collective insurance policy?" Turn on your sound as Adm. Bill Moran explained on Monday at the nation's largest maritime expo, Sea Air Space – just outside of Washington, D.C.</p>	<p>Video</p>			<p>4/4/17 6:24 AM</p>

<p>Honoring our past...to build our future inspired by toughness and integrity. The #USNavy celebrated Medal of Honor recipient Thomas Hudner Jr.'s service this weekend during the christening of the guided-missile destroyer that bears his name. His story is all the Monday motivation that you need.</p>	<p>Link</p>			<p>4/3/17 4:11 PM</p>
<p>This week on the Rundown: The enlisted advancement cycle has been announced, it is Sexual Assault Awareness and Prevention Month, and in case you missed it, big news regarding #USNavy GMTs. Watch for more details.</p>	<p>Video</p>			<p>4/3/17 9:04 AM</p>
<p>Sleep tight! Your #USNavy is on watch around the world, protecting and defending America.</p>	<p>Photo</p>			<p>4/2/17 6:15 PM</p>
<p>The #USNavy's largest rating will soon see significant training changes to provide ready and relevant training that will prepare them to manage the continuum of care in high-threat or complex environments.</p>	<p>Link</p>			<p>4/2/17 6:39 AM</p>

<p>No April Fool's Day joke! In case you missed it, we've ended online GMT to improve leader engagement opportunities, reduce administrative distractions and address our Sailors' frustration with current online training products. This is the way ahead...</p>	<p>Link</p>			<p>4/1/17 6:12 PM</p>
<p>Happy birthday to our chief petty officers! For 124 years, you've remained the hallmark of technical expertise and ship's knowledge. Celebrate by testing your knowledge of our deckplate leaders and backbone of our #USNavy then, today and beyond! Navy chief! Navy pride!</p>	<p>Link</p>			<p>4/1/17 5:35 AM</p>
<p>Ahead of Saturday's 124th birthday of the #USNavy chief petty officer, we asked you what your chief taught you about integrity, accountability, initiative and toughness. Check out some of the responses and add your own response in our blog here.</p>	<p>Link</p>			<p>3/31/17 5:00 PM</p>
<p>Starting Saturday, we'll observe Sexual Assault Awareness and Prevention Month. Remember each member of our #OneNavyTeam has a role to play in preventing, reporting and eliminating sexual assault – not just in April, but always because protecting our people protects our mission.</p>	<p>Link</p>			<p>3/31/17 9:40 AM</p>

<p>Our female Sailors and civilians – like Angela Moran – have a rich history of service in the #USNavy. Turn on your sound to listen why the United States Naval Academy professor says one of her contributions to our #OneNavyTeam was life changing for her. BZ Professor Moran!</p>	<p>Video</p>			<p>3/31/17 7:17 AM</p>
<p>Saturday, we'll christen the future USS Thomas Hudner (DDG 116). Read to learn more about the #USNavy's newest guided-missile destroyer.</p>	<p>Link</p>			<p>3/30/17 3:27 PM</p>
<p>In this #31for31, Chief of Naval Operations Adm. John Richardson delivered a keynote address to the 2017 Directed Energy Summit in Washington, DC. Watch for some of the highlights.</p>	<p>Video</p>			<p>3/30/17 9:04 AM</p>
<p>This Saturday, we'll mark 124 years of deckplate leadership by our #USNavy chiefs. Tell us what your chief taught you about integrity, accountability, initiative and toughness. We'll share some of your answers later this week.</p>	<p>Photo</p>			<p>3/29/17 3:46 PM</p>
<p>Our #USNavy Sailors serve around the world, around the clock to protect and defend America. Here's a look at some of our "Faces of the Fleet"...</p>	<p>Link</p>			<p>3/29/17 6:25 AM</p>

<p>In this #31for31, Chief of Naval Operations Adm. John Richardson met in #London with the First Sea Lord of the United Kingdom, Adm. Sir Philip Jones, Royal Navy and Chief of Naval Staff, Adm. Christophe Prazuck, Marine Nationale, affirming their commitment to increased interoperability.</p>	<p>Video</p>			<p>3/28/17 3:27 PM</p>
<p>TUESDAY TRIVIA: Female Sailors and civilians have a long and distinguished legacy of service in our #USNavy. Do you know the name of the first female to be presented the Navy Cross? CLUE: This Chief Nurse received the Navy Cross for her leadership of the Navy Nurse Corps during World War I. Tell us your answer in the comments below.</p>	<p>Link</p>			<p>3/28/17 9:34 AM</p>
<p>Watch Chief of Naval Operations Adm. John Richardson's all-hands call live from Rota Spain.</p>	<p>SharedVideo</p>			<p>3/28/17 5:03 AM</p>
<p>We've heard the feedback from the Fleet that online training is ineffective and impersonal. Now, we want to tell you what we've done about it.</p>	<p>Link</p>			<p>3/27/17 3:19 PM</p>
<p>Vice Chief of Naval Operations Adm. Bill Moran discusses the need for a bigger and more capable #USNavy, the idea of wholeness, and the importance of people. in the latest Soundings podcast. Listen here!</p>	<p>Link</p>			<p>3/27/17 11:36 AM</p>

<p>This week on the Rundown: Chief of Naval Operations Adm. John Richardson addresses stopping toxic behavior, 5 things you need to know about conducting yourself online, and more.</p>	<p>Video</p>			<p>3/27/17 7:22 AM</p>
<p>Navy Weeks allow us to bring our #USNavy home. In Austin, it was also an opportunity to remember more than 3,400 Texans who gave their lives so others might be free.</p>	<p>Link</p>			<p>3/26/17 3:29 PM</p>
<p>Our female Sailors and civilians – like Allison Stiller – have a long and distinguished legacy of service in our #USNavy. On Jan. 20, she began performing the duties of our assistant secretary of the Navy for Research Development & Acquisition.</p>	<p>Video</p>			<p>3/26/17 6:17 AM</p>
<p>Join us in honoring the recipients of our nation's highest medal for valor in combat. On this day in 1863, the first Medals of Honor were presented. Today, learn about our shipmates who earned it for their conspicuous gallantry and intrepidity at the risk of life, above and beyond the call of duty.</p>	<p>Link</p>			<p>3/25/17 6:55 AM</p>

<p>Today, women serve in every rank from seaman to admiral and have the opportunity to serve in any occupation in the #USNavy. In observation of Women's History Month, we want to introduce you to some of our Faces of the Fleet who continue to contribute to a distinguished legacy of service.</p>	Link			3/24/17 3:53 PM
<p>As a maritime nation, we rely on open oceans for prosperity and security. We maintain these open waters while expanding and strengthening our network of partners through exercises like Foal Eagle – a series of joint and combined field training exercises, conducted by the Combined Forces Command and U.S. Forces Korea component commands. Foal Eagle enhances the combat readiness, flexibility, and capabilities of the Republic of Korea and U.S. alliance.</p>	Photo			3/24/17 7:22 AM
<p>If you're not currently receiving the video, please stand-by.</p>	Link			3/24/17 7:09 AM
<p>Welcome home, shipmates! Master Chief Missile Technician Adrian Watkins, assigned to USS Nevada (SSBN 733), hugs his wife after the boat returned to Naval Base Kitsap Tuesday following a routine deterrent patrol.</p>	Photo			3/23/17 3:26 PM

<p>On this Throwback Thursday, we're back to today 1882 when Secretary of the Navy William Hunt created the Office of Naval Intelligence with General Order Number 292. Explore how ONI has constantly transformed and evolved to be what our #USNavy and nation needs.</p>	<p>Link</p>			<p>3/23/17 6:38 AM</p>
<p>When we talk about female Sailors and civilians playing a crucial role in our #USNavy, we're talking about members of our One Navy Team like Raye Montague. Watch as she shares how she revolutionized our ship design process by contributing her talents and adding to a rich history of service.</p>	<p>Video</p>			<p>3/22/17 3:12 PM</p>
<p>Don't be tricked by social engineering like phishing. Always be mindful of the information you're providing to people you don't know, regardless of how sincere or legitimate they may seem. You're in the #NavyCyber battlespace! Get more Naval Operations Security (OPSEC) tips at https://go.usa.gov/xXkCv.</p>	<p>Photo</p>			<p>3/22/17 9:31 AM</p>

<p>Busted, AGAIN! For the second time in five days, USS Laboon (DDG 58) intercepted a small, stateless dhow in the international waters of the Arabian Sea and seized 500 kilograms of Hashish. Maritime security operations at work!</p>	Link			3/22/17 6:34 AM
<p>Take a look at U.S. Navy Blue Angels Boss refueling thanks to the United States Air Force's 79th Air Refueling Squadron. Up next: Brunswick, Georgia, this weekend for the Wings Over Golden Isles Air Show. Get the team's schedule at https://go.usa.gov/xXKAK</p>	Video			3/21/17 3:22 PM
<p>What's the latest about #USNavy personnel initiatives? Hear straight from the top with Chief of Naval Personnel - N1 Vice Adm. Robert Burke in the latest Soundings podcast.</p>	Link			3/21/17 10:09 AM
<p>100-years-ago today: Loretta Perfectus Walsh left her mark on #USNavy history when she became our first female chief petty officer. Travel back in time with us for a historical look at other female Sailors who benefited from our female chiefs' deckplate leadership. BZ shipmates!</p>	Link			3/21/17 6:54 AM

<p>On this date in #USNavy history: In 2003, Operation Iraqi Freedom began after USS Bunker Hill (CG 52) was among the first to launch tomahawk missiles on Iraq, along with other Navy ships in the Red Sea and Arabian Gulf. Today, we're still providing on-call scalable options to address a changing world's challenges.</p>	Video			3/20/17 3:17 PM
<p>This week on the Rundown: A message from Chief of Naval Operations Adm. John Richardson about a problem that we need to solve, a new way to get #USNavy apps, and more. Watch for details.</p>	Video			3/20/17 9:07 AM
<p>Our civilian employees are dedicated professionals and critical members of our #USNavy team. We can't accomplish our mission without them. See how we're mitigating the effects of the federal hiring freeze on our Navy family.</p>	Link			3/20/17 6:28 AM
<p>Our female Sailors – like Vice Adm. Jan Tighe – and civilians have a long and distinguished legacy of service in our #USNavy. Meet our deputy chief of Naval Operations for Information Warfare/director of Naval Intelligence here.</p>	Video			3/19/17 7:30 AM

<p>Start your weekend with a bang – like USS Donald Cook (DDG 75) firing its Mark 45 5-inch gun during a live-fire gunnery exercise during Flag Officer Sea Training 2017 in the Atlantic Ocean, March 13.</p>	Photo			3/18/17 6:43 AM
<p>There’s no room for luck in the #USNavy when we're protecting and defending America! It takes integrity, accountability, initiative and toughness.</p>	Photo			3/17/17 6:44 AM
<p>On this Throwback Thursday, we’re going back to 1945 for an incredible example of initiative and toughness during the Iwo Jima campaign! READ: If you don’t know about Pharmacist's Mate 1st Class Francis Pierce’s actions that earned him the Medal of Honor. SHARE: If you do know his story.</p>	Link			3/16/17 5:10 PM
<p>Watch as Chief of Naval Operations Adm. John Richardson shares why we’re starting the conversation earlier with industry to discuss our #USNavy’s requirements.</p>	Video			3/16/17 7:13 AM
<p>Join us in wishing U.S. 7th Fleet happy birthday! It was established March 15, 1943. Today, it is the largest forward-deployed U.S. fleet, and maintains a forward presence in the Indo--Asia-Pacific providing security and stability to that region.</p>	Photo			3/15/17 4:02 PM

<p>Read this blog and share to spread the message from Chief of Naval Operations Adm. John Richardson that we have a problem and we need to solve it. The discovery of online sites that degrade the female members of our team has shined a light on the fact that this problem persists. There is no room in our Navy for toxic behavior.</p>	Link			3/15/17 6:38 AM
<p>TUESDAY TRIVIA: Female Sailors and civilians have a long and distinguished legacy of service in our #USNavy. Edith Voorhees Hasson is part of that legacy. Tell us why in the comments below. CLUE: https://go.usa.gov/xXrFR</p>	Link			3/14/17 6:06 PM
<p>Questions about the household goods process for a PCS move? There are now more live, interactive webinars to help you! Get the schedule here.</p>	Link			3/14/17 2:51 PM
<p>Competition, winning, failing and most importantly, treating each other with dignity and respect. It's all in Chief of Naval Operations Adm. John Richardson's latest podcast. Listen to Soundings here!</p>	Link			3/14/17 7:27 AM

<p>U.S. Navy Blue Angels history in flight! On Friday, the team took to the skies with one of its jets and its first two performing aircraft, the F6F Hellcat and the F8F Bearcat, before its first airshow in El Centro, California, on Saturday. Up next: The NAWS China Lake Air Show this weekend.</p>	<p>Video</p>			<p>3/13/17 6:21 PM</p>
<p>SHARE TO THANK all of our Sailors who have served aboard USS Carl Vinson (CVN 70) since it was commissioned 35-years-ago today. Right now, it's on a western Pacific deployment under Commander, U.S. Third Fleet's command and control, offering additional options to the U.S. Pacific Fleet commander by leveraging the capabilities of 3rd Fleet and U.S. 7th Fleet.</p>	<p>Photo</p>			<p>3/13/17 3:09 PM</p>
<p>Our female Sailors – like Capt. Amy Bauernschmidt – and civilians have a long and distinguished legacy of service in our #USNavy. Meet USS Abraham Lincoln (CVN 72)'s executive officer here.</p>	<p>Video</p>			<p>3/13/17 10:14 AM</p>

<p>This week on the 100th episode of the Rundown: Chief of Naval Operations Adm. John Richardson announces an essay contest, rating experts are needed to help shape advancement exams, a chance to give back through the Navy-Marine Corps Relief Society and more.</p>	<p>Video</p>			<p>3/13/17 6:46 AM</p>
<p>In case you missed it, watch as USS Detroit - Iron Warriors conduct a successful missile test firing.</p>	<p>Video</p>			<p>3/11/17 3:12 PM</p>
<p>Chief's anchors mark a symbol of expertise, trust, partnership and above all...leadership. The #USNavy is looking for a few chiefs interested in shaping the future of their ratings.</p>	<p>Link</p>			<p>3/11/17 9:07 AM</p>
<p>#USNavy's USS Detroit (LCS 7) + Surface to Surface Missile Module = Distributed Lethality</p>	<p>Link</p>			<p>3/10/17 3:12 PM</p>
<p>The largest annual multilateral humanitarian assistance and disaster relief preparedness mission in the Indo-Asia-Pacific region is underway. Go inside for a closer look at their mission's first stop.</p>	<p>Link</p>			<p>3/10/17 9:12 AM</p>

<p>As our #USNavy sharpens our competitive edge, we need to be scrapping for every advantage we can get. Toxic behaviors make us weaker; they cede our advantage, our people, to the enemy. These behaviors have no place in our Navy. Our ability to succeed is directly tied to our ability to fight as one team – a team that treats one another honorably.</p>	<p>Link</p>			<p>3/9/17 3:58 PM</p>
<p>Go inside the humanitarian mission Continuing Promise 2017 as it strengthens our partnerships and improves cooperation in Central and South America.</p>	<p>Link</p>			<p>3/9/17 9:09 AM</p>
<p>USS George H.W. Bush (CVN 77) performs a passing exercise with USS Philippine Sea (CG 58) and the Hellenic Navy's Elli-class frigate HN Kountouriotis (F-462), March 5. The George H.W. Bush Carrier Strike Group is conducting naval operations in the U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet area of operations in support of U.S. national security interests.</p>	<p>Photo</p>			<p>3/8/17 3:38 PM</p>
<p>On this International Women’s Day and every day, our female Sailors and #USNavy civilians continue their rich history of service by contributing their talents and capabilities to our force.</p>	<p>Photo</p>			<p>3/8/17 6:54 AM</p>

<p>A view perfect for a postcard to home from USS MAKIN ISLAND (LHD 8) in the Arabian Sea, March 3! The amphibious assault ship is supporting maritime security operations designed to reassure allies and partners, and preserve the freedom of navigation and the free flow of commerce in the region.</p>	Photo			3/7/17 4:26 PM
<p>Tuesday Trivia: What was the first #USNavy combatant ship to have women assigned to it? Clue: The orders were issued 23-years-ago today. Answer: https://go.usa.gov/xXxSx</p>	Link			3/7/17 6:39 AM
<p>Good news! The U.S. Navy Blue Angels have added another performance to their schedule. See if it is coming to your city!</p>	Link			3/6/17 3:16 PM
<p>On this Rundown: EAOS extensions for first-term Sailors, Chief of Naval Operations Adm. John Richardson's Professional Reading Program, and more</p>	Video			3/6/17 9:18 AM
<p>As this week gets underway, take a look back at February and how our Sailors are providing on-call scalable options to address a changing world's challenges.</p>	Video			3/6/17 6:46 AM
<p>Happy 75th anniversary #USNavy Seabees! To celebrate, test your knowledge about how their "Can Do" attitude builds more than just construction projects.</p>	Link			3/5/17 7:57 AM

<p>Get ready for our #USNavy Seabees' 75th anniversary on Sunday by watching this All Hands Magazine story. Then, share so your friends can dig into their "Can Do" history too!</p>	Video			3/4/17 3:04 PM
<p>For the first time in 25 years, the United States faces a return to great power competition. "It is about winning. Do not mistake that for a second. We are not out there to be the second most powerful navy in the world." - Chief of Naval Operations Adm. John Richardson</p>	Link			3/4/17 11:38 AM
<p>This Women's History Month, we're sharing stories of #USNavy female Sailors and civilians like Naval Sea Systems Command's Sharon Smoot - part of a long and distinguished legacy of service to our Navy.</p>	Video			3/4/17 6:57 AM
<p>Thank you to our Reservists for answering our nation's call in our Navy Reserve for 102 years during war and peace!</p>	Photo			3/3/17 2:28 PM
<p>Go behind the scenes of President Donald J. Trump's visit to our future USS Gerald R. Ford - CVN 78.</p>	Link			3/3/17 7:07 AM
<p>Earlier today, President Donald J. Trump addressed #USNavy Sailors aboard our future USS Gerald R. Ford - CVN 78 - his visit to an aircraft carrier.</p>	Link			3/2/17 6:52 PM

<p>44 years ago today, the first four female #USNavy pilots began training: Lt. j.g. Barbara Allen, Ens. Jane Skiles, Lt. j.g. Judith Neuffer and Ens. Kathleen McNary. Today, women hold nearly every job from naval aviator to deep-sea diver, and have the opportunity to serve in any occupation.</p>	Photo			3/2/17 3:20 PM
<p>LIVE 2:30 P.M. ET: Watch as President Donald J. Trump delivers remarks aboard our future USS Gerald R. Ford - CVN 78.</p>	Link			3/2/17 11:10 AM
<p>Our #USNavy Sailors provide on-call, scalable options in today's rapidly changing world. USS Bataan (LHD 5)'s Blue-Green Team is out there along with its amphibious ready group to provide those options after deploying yesterday from Naval Station Norfolk.</p>	Photo			3/2/17 9:16 AM
<p>BZ shipmates! "This incident is an example of the types of situations our Sailors train for, day-in and day-out." - Cmdr. Edward Weiler Helicopter Sea Combat Squadron Two-Five (HSC-25) commanding officer</p>	Link			3/2/17 6:36 AM
<p>Join us in thanking USS Albuquerque (SSN 706) and the boat's crews for 33 years of service to our #USNavy SHARE to spread the word that our Silent Service continues to run silent and deep!</p>	Link			3/1/17 6:20 PM

<p>Our first #NavyWeek of the year is over, but we're just getting started! Take a look back at Navy Week Mobile here and see if a Navy Week is coming to your community.</p>	Link			3/1/17 3:06 PM
<p>Join us this #WomensHistoryMonth in honoring our female Sailors and civilians for their rich history of service and continuous contributions of their talents and capabilities to our #OneNavyTeam.</p>	Link			3/1/17 6:34 AM
<p>Before we jump into our next Navy Week in Austin, Texas, you've got to see how the U.S. Navy Parachute Team "The Leap Frogs" helped to kick off #NavyWeek Mobile on Thursday. This video is worth watching until the end!</p>	Video			2/28/17 3:17 PM
<p>We're a deployed force that serves around the world to provide on-call, scalable options. Take a look at some places where our #USNavy Sailors are serving to provide those options.</p>	Link			2/28/17 9:34 AM
<p>If you don't know Seaman Joseph Noil's story of toughness, you should! All Hands Magazine shares how the Medal of Honor recipient slowly faded from history, and how the #USNavy righted that wrong.</p>	Link			2/28/17 6:34 AM

<p>Come aboard USS George H.W. Bush (CVN 77) during its operations in the eastern Mediterranean Sea, which demonstrate our ability to conduct precision strikes on ISIS targets from multiple theaters. These strikes highlight the flexibility of the #USNavy's globally-deployed force.</p>	<p>Link</p>			<p>2/27/17 3:23 PM</p>
<p>For the first time in 25 years, the United States is facing a return to great power competition. Listen as Chief of Naval Operations Adm. John Richardson explains what it means for the #USNavy.</p>	<p>Video</p>			<p>2/27/17 9:22 AM</p>
<p>On this Rundown: We're asking Sailors to consider duty as recruit division commanders, how Sailors can get "SMART" with their goals, and more. Watch for details here.</p>	<p>Video</p>			<p>2/27/17 6:35 AM</p>
<p>These #USNavy Sailors aren't walking down the #Oscars red carpet, but this walk down to check for debris aboard USS Carl Vinson (CVN 70) makes sure the aircraft carrier's flight deck is safe for flight operations during its deployment in the western Pacific.</p>	<p>Photo</p>			<p>2/26/17 4:47 PM</p>
<p>It may be the weekend, but our #USNavy Sailors are working around the world, around the clock, operating forward to protect and defend America!</p>	<p>Photo</p>			<p>2/26/17 9:59 AM</p>

<p>Listen as Master Chief Petty Officer of the Navy Steven Giordano discusses his recent travels in the fleet, leadership and the #USNavy's core attributes, and more.</p>	Link			2/26/17 6:38 AM
<p>On this day in 1933: Our first true aircraft carrier, USS Ranger (CV 4), was launched. If you knew that, hit LIKE. If you didn't know that, hit SHARE to tell your friends. 84 years later, the #USNavy continues to adapt in both quantity and quality to protect and defend America!</p>	Link			2/25/17 4:58 PM
<p>Join us in wishing a happy birthday to the #USNavy Supply Corps, which celebrated 222 years of excellence on Thursday! Thank you for maintaining our Sailors' warfighter readiness and improving the quality of life for our Sailors and their families.</p>	Photo			2/25/17 11:41 AM
<p>Our diverse workforce brings together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets. That allows us to operate successfully around the world. Meet a #USNavy Sailor and NASA - National Aeronautics and Space Administration astronaut who has reached for the stars and succeeded.</p>	Video			2/25/17 7:34 AM

<p>#NavyWeek Mobile is here, and so is USS Mitscher (DDG 57)! Hit "LIKE" if you've been to a Navy Week. Hit "WOW" if you'd like to attend one - an opportunity to learn about the #USNavy, our people and our importance to national security and prosperity.</p>	Link			2/24/17 3:46 PM
<p>We're looking for the best of our best to turn civilians into #USNavy Sailors.</p>	Link			2/24/17 6:38 AM
<p>On this Throwback Thursday, we're going back to this day in 1919, the first #USNavy ship named for an enlisted man, USS Osmond Ingram (DD 255), is launched.</p>	Photo			2/23/17 3:12 PM
<p>We're a maritime nation and we rely on open oceans for prosperity and security. USS Barry - DDG 52 transits the Philippine Sea, Feb. 10. The Arleigh Burke-class guided-missile destroyer is on patrol in support of security and stability in the Indo-Asia-Pacific region.</p>	Photo			2/22/17 4:32 PM
<p>Did you know Chicago O'Hare International Airport's name honors a World War II naval aviator? Naval History & Heritage Command shares how the Medal of Honor recipient's toughness continues to be honored.</p>	Link			2/22/17 9:24 AM

<p>DDG-121's keel laying and authentication mark the ceremonial beginning of the #USNavy's future USS Frank E. Petersen, Jr., honoring a U.S. Marine Corps trailblazer.</p>	Link			2/22/17 6:33 AM
<p>Who am I and what did I do? CLUE: During the attack on Pearl Harbor, I literally took matters into my own hands to protect my ship and my shipmates. ANSWER: http://go.usa.gov/x9JKQ A diverse workforce positions the #USNavy to operate successfully around the globe by bringing together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets.</p>	Link			2/21/17 3:12 PM
<p>Whether our #USNavy Sailors serve topside or below deck, we're training – like these USS George H.W. Bush (CVN 77) Sailors during a medical drill – to be ready to provide on-call scalable options.</p>	Photo			2/21/17 10:53 AM
<p>On this Weekly Wire Rundown, we're testing a new personnel web portal, command senior chief and master chief selection board results are out, and more. Watch for details here.</p>	Video			2/21/17 6:21 AM

<p>We're committed to giving our #USNavy Sailors a modern personnel system that they deserve. The first step in providing them a consolidated one-stop shop for their personnel information in here, and we want their feedback.</p>	Link			2/20/17 3:35 PM
<p>On this Presidents Day, take a look with Naval History & Heritage Command at some of our #USNavy ships that honor U.S. presidents.</p>	Link			2/20/17 6:46 AM
<p>In case you missed it, experience hyper-realistic trauma training for our independent duty corpsmen. All Hands Magazine takes you inside this tough course that saves lives in the fleet.</p>	Video			2/19/17 3:22 PM
<p>Why do our #USNavy carrier air wings need the capabilities provided by our 4th and 5th generation aircraft? Get the answer from our air boss.</p>	Link			2/19/17 9:11 AM
<p>BZ to our galleys and culinary specialists who have been recognized for their outstanding food service! Check out the winners and then tell us who has the best galley in the #USNavy.</p>	Link			2/19/17 6:44 AM

<p>It takes #OneNavyTeam to provide on-call scalable options to address a changing world's challenges. Meet USS Dwight D. Eisenhower (CVN 69) Sailors who provided those options during their deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet.</p>	<p>Link</p>			<p>2/18/17 3:36 PM</p>
<p>What does #USNavy toughness mean to you? Chief of Naval Operations Adm. John Richardson explains how toughness - one of our four core attributes - helps to guide our decisions and actions.</p>	<p>Link</p>			<p>2/18/17 10:31 AM</p>
<p>African American Sailors and civilians, like Naval Sea Systems Command's Sharon Smoot, are integral parts of our #OneNavyTeam. Listen as she shares how our #USNavy is strengthened by the diversity of our force.</p>	<p>Video</p>			<p>2/18/17 6:43 AM</p>
<p>Talk about #USNavy toughness! On this day in 1945, Lt. j.g. Rufus Herring's actions during the pre-invasion attack on Iwo Jima earned him the Medal of Honor. Learn about his actions that day in this Nov. 1945 issue of All Hands Magazine at http://go.usa.gov/x9u7H.</p>	<p>Photo</p>			<p>2/17/17 4:23 PM</p>

<p>Building a bridge with an ally, and building and strengthening partnerships to make us a stronger fighting force. #USNavy Seabees with Naval Mobile Construction Battalion 5 and Marines work with Republic of Korea marines to erect an Improved Ribbon Bridge in open waters in Chinhae, South Korea, Jan. 28.</p>	Photo			2/17/17 8:40 AM
<p>Don't miss a second of this tough, hyper-realistic trauma training for our #USNavy independent duty corpsmen. Watch as All Hands Magazine takes you inside this course that saves lives in the fleet.</p>	Video			2/16/17 3:06 PM
<p>"The MQ-4C Triton's advanced intelligence, surveillance, and reconnaissance capabilities bring enhanced battlespace awareness for the fleet to achieve full spectrum superiority." – Adm. Phil Davidson Commander, U.S. Fleet Forces Command</p>	Link			2/16/17 9:09 AM
<p>"PowerPoints are boring; people fall asleep and they are kind of pointless. Getting involved [in the role-playing] allows people to examine how they would actually respond in a real-life scenario." – A quartermaster aboard USS Shiloh (CG 67)</p>	Link			2/16/17 6:24 AM

<p>In order to provide on-call scalable options in a changing world, our #USNavy Sailors need the right capabilities, including the right ammunition. Watch as USS America (LHA 6)'s weapons department completes a four-day ammunition on load – the final requirement for the ship to deploy this summer.</p>	<p>Video</p>			<p>2/15/17 3:14 PM</p>
<p>What does #USNavy toughness mean? Chief of Naval Operations Adm. John Richardson explains in his latest podcast. Listen here.</p>	<p>Link</p>			<p>2/15/17 9:58 AM</p>
<p>Watch to come aboard USS George H.W. Bush (CVN 77)'s flight deck as its carrier strike group joined the Operation Inherent Resolve fight yesterday. The strikes from the eastern Mediterranean Sea demonstrate our ability to conduct precision strikes on ISIS targets from multiple theaters as part of our globally deployed force.</p>	<p>Video</p>			<p>2/14/17 3:23 PM</p>

<p>Who am I? In 1968, I became the first amputee to serve as a #USNavy diver following an accident in 1966 while participating in the recovery of atomic bombs after the crash of two United States Air Force planes. Later, I became our first African-American master diver in 1970. ANSWER: http://go.usa.gov/x9tnH A diverse workforce positions the Navy to operate successfully around the globe by bringing together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets.</p>	Link			2/14/17 10:09 AM
<p>Happy Valentine's Day from the #USNavy! We love serving to protect and defend our Nation and those who we love. Share with someone that you love!</p>	Video			2/14/17 6:43 AM
<p>Today, the USS George H.W. Bush (CVN 77) Carrier Strike Group joined the Operation Inherent Resolve fight. Its strikes from the eastern Mediterranean Sea demonstrate the #USNavy's capability to conduct precision strikes on ISIL targets from multiple theaters, highlighting the flexibility of our globally deployed force.</p>	Link			2/13/17 3:43 PM

<p>Our future USS Tulsa (LCS 16) is another step closer to joining the #USNavy's fleet after its christening this weekend. "Ships like Tulsa will operate where much of our Navy simply cannot, in the shallows and in the littorals, with speed, agility and lethality." - Vice Chief of Naval Operations Adm. Bill Moran</p>	Link			2/13/17 10:39 AM
<p>On this Rundown, the SAIL program is available fleet wide to provide rapid assistance and on-going risk assessment and support for our Sailors who have exhibited suicide-related behavior, the #USNavy wants more enlisted women aboard subs, and Navy COOL will be visiting a city near you. Watch for details now.</p>	Video			2/13/17 7:29 AM
<p>Train like you fight. Fight like you train. Watch as #USNavy USS Donald Cook (DDG 75) fires its MK45 5 inch gun during a live-fire gunnery exercise in U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet's area of operations.</p>	Video			2/12/17 3:46 PM
<p>Sailors should expect a compressed timeline for planning and scheduling military moves through the end of the Continuing Resolution for fiscal year 2017. This is what you should know.</p>	Link			2/12/17 9:14 AM

<p>Listen as Vice Chief of Naval Operations Adm. Bill Moran discusses the need for a larger, well-equipped #USNavy with a focus on Sailors.</p>	<p>Link</p>			<p>2/12/17 6:33 AM</p>
<p>No playtime here. #USNavy Master-at-Arms 2nd Class Jordyn Japiec, a military working dog handler, and Puskos, a Jagdterrier military working dog drug detector, begin the certification process to include obedience training and narcotic detector training onboard Naval Station Norfolk, Feb. 1.</p>	<p>Photo</p>			<p>2/11/17 3:11 PM</p>
<p>The Sailor of the Year program recognizes an individual Sailor who best represented the ever-growing group of dedicated professional Sailors at each command and ultimately the #USNavy. What advice do you have for our Sailors as they prepare?</p>	<p>Photo</p>			<p>2/11/17 9:33 AM</p>
<p>To achieve optimal mission readiness, we provide every #USNavy Sailor and civilian with equal access to the tools and resources they need to succeed. Turn on your sound and listen as Rear Adm. John Fuller shares why his entire goal is to let his work and the content of his character speak for itself.</p>	<p>Video</p>			<p>2/11/17 6:50 AM</p>

<p>Whether above, on or beneath the water, our #USNavy Sailors are serving around the world to provide on-call, scalable options to address challenges in a complex and quickly changing world.</p>	Photo			2/10/17 3:11 PM
<p>Join us in welcoming our newest #USNavy Sailors to the fleet. Watch their boot camp graduation live at 9:45 a.m. ET today.</p>	Video			2/10/17 6:45 AM
<p>An F/A-18E Super Hornet lands on USS Carl Vinson (CVN 70) in the Pacific Ocean, Feb. 4. The #USNavy aircraft carrier and its strike group are on a regularly scheduled Western Pacific deployment as part of the U.S. Pacific Fleet-led initiative to extend the command and control functions of Commander, U.S. Third Fleet.</p>	Photo			2/9/17 3:50 PM
<p>"... on-going demand for naval forces exceeds our long-term supply. And that need continues to grow with no end in sight. Supply is best summed up in one fact: Your Navy today is the smallest we've had in 99 years." - Vice Chief of Naval Operations Adm. Bill Moran told lawmakers this week.</p>	Link			2/9/17 10:03 AM
<p>Our future expeditionary fast transport USNS Yuma (T-EPF 8) is another step closer to joining the #USNavy fleet after successfully completing acceptance trials. Get to know its capabilities here.</p>	Link			2/9/17 6:39 AM

<p>Fair winds and following seas, Sir. We have the watch.</p>	<p>Link</p>			<p>2/8/17 6:27 PM</p>
<p>Our #USNavy Sailors serve around the world. Training like this cold-water endurance ruck march by Explosive Ordnance Disposal Mobile Unit 8 and the Norwegian Army Explosive Ordnance Disposal teams in the austere environment of northern Norway helps prepare our Sailors to conduct decisive combat operations to defeat any enemy.</p>	<p>Photo</p>			<p>2/8/17 3:11 PM</p>
<p>Naval Personnel Command has announced a plan to consolidate several #USNavy Personnel Support Detachment and Customer Support Detachment locations. Find out how the customer service pay and personnel model will better serve our fleet.</p>	<p>Link</p>			<p>2/8/17 8:06 AM</p>
<p>Whether on duty, in uniform or at home, our online behavior must reflect the highest standards of character and conduct. Don't let Jeff down because anything that is unacceptable to say or do in person is also unacceptable online. Honor, Courage, Commitment – online, all the time. #NavyCyber</p>	<p>Photo</p>			<p>2/7/17 3:16 PM</p>

<p>Suicide prevention is not about the numbers; every life lost to suicide is one too many. Find out how the now fleet-wide SAIL program will provide rapid assistance, on-going risk assessment and support for our #USNavy Sailors who have exhibited suicide-related behavior.</p>	<p>Link</p>			<p>2/7/17 9:03 AM</p>
<p>On this Trivia Tuesday: 73 years ago this month, we commissioned our first African-American officers. Q: What did the 12 #USNavy commissioned officers seen here and a warrant officer who received his rank at the same time become known as? A: http://go.usa.gov/x9FQr Today, integrating service members and civilians from diverse backgrounds into our force continues to allow the #USNavy to recruit and retain the nation's top talent from a wider pool of skilled personnel.</p>	<p>Photo</p>			<p>2/7/17 6:33 AM</p>
<p>Watch in slow motion as USS John Paul Jones (DDG 53) participated in a successful flight test Friday – the first intercept of a ballistic missile target using the Standard Missile-3 (SM-3) The SM-3 Block IIA is being developed cooperatively by the United States and Japan to defeat medium- and intermediate-range ballistic missiles.</p>	<p>Video</p>			<p>2/6/17 3:18 PM</p>

<p>On this Rundown: Help for eligible Sailors to decide whether the new Blended Retirement System is right for them, we're expanding on existing efforts to prevent destructive behaviors across the fleet, and more. Watch for details now.</p>	Video			2/6/17 7:46 AM
<p>The arrival of #USNavy E-2D Advanced Hawkeyes in Japan has brought enhanced capabilities to the region. Get to know the E-2D Advanced Hawkeye's improvements here.</p>	Link			2/5/17 6:11 PM
<p>Join us in congratulating the 14 top #USNavy recruiters of 2016. These Sailors visited the Pentagon and met with Chief of Naval Operations Adm. John Richardson and other senior Navy leadership last week. BZ shipmates!</p>	Photo			2/5/17 3:13 PM
<p>Multinational training like Exercise Cutlass Express 2017 helps our #USNavy build and improve on international partnerships while improving our warfighting capability to make us a stronger fighting force. Here's how.</p>	Link			2/5/17 9:54 AM
<p>When you think of #USNavy toughness, you should think of Brandon Myers and how becoming a SEAL prepared him for the fight of his life. This is his story...</p>	Link			2/4/17 6:07 PM

<p>African American History Month provides the #USNavy with an opportunity to recognize the contributions of African American Sailors and personnel – both past and present. Turn on your sound and listen as retired Fleet Master Chief April Beldo reflects on her time as a Sailor.</p>	<p>Video</p>			<p>2/4/17 3:13 PM</p>
<p>Listen as Chief of Naval Operations Adm. John Richardson discusses the four core attributes - Integrity, Accountability, Initiative, and Toughness - outlined in "A Design for Maintaining Maritime Superiority", and their role in today's #USNavy and leader development.</p>	<p>Link</p>			<p>2/4/17 9:04 AM</p>
<p>Watch to experience USS Enterprise (CVN 65)'s decommissioning ceremony. Friday marked the first decommissioning of a nuclear-powered aircraft carrier. Thanks "Big E" for your more than half a century of service!</p>	<p>Video</p>			<p>2/4/17 6:37 AM</p>
<p>How well do you know #USNavy USS Enterprise (CVN 65)'s history? Test your knowledge of our first nuclear-powered aircraft carrier with Naval History & Heritage Command here, and check back for video of today's decommissioning ceremony.</p>	<p>Link</p>			<p>2/3/17 6:30 PM</p>

<p>Today we said fair winds and following seas to CVN-65 during its decommissioning ceremony. Take a look back at the making of USS Enterprise (CVN 65)'s legacy with Naval History & Heritage Command, and check back later to watch the ceremony.</p>	<p>Link</p>			<p>2/3/17 3:12 PM</p>
<p>As you get ready to start your weekend, watch as our newest Sailors graduate boot camp and get ready to start their #USNavy careers.</p>	<p>Video</p>			<p>2/3/17 6:45 AM</p>
<p>#HonorTheFallen: #USNavy SEAL William "Ryan" Owens, who was killed in action in the Arabian Peninsula of Yemen, has been posthumously advanced to senior chief petty officer.</p>	<p>Link</p>			<p>2/2/17 3:28 PM</p>
<p>The #USNavy must adapt in both quantity and quality addressing more complex rapidly evolving challenges. To help improve management of ship manning and personnel inventory for both the surface and submarine ratings, the Navy has established four new ratings for active duty Sailors. Find out what they are here.</p>	<p>Link</p>			<p>2/2/17 9:04 AM</p>

<p>USS Nimitz (CVN 68) transits Sinclair Inlet after getting underway from Puget Sound Naval Shipyard on Tuesday. Nimitz is conducting the Navy's Board of Inspection and Survey (INSURV), which is a periodic inspection to ensure the ship meets Navy standards to be ready to face a complex and quickly changing world.</p>	Photo			2/1/17 3:37 PM
<p>The decision to stay in the U.S. Department of Defense (DoD)'s current retirement system or opt-in to the Blended Retirement System is an important and irrevocable decision that eligible #USNavy Sailors must make based on their own individual circumstances. And help is available for Sailors to make that decision.</p>	Link			2/1/17 9:12 AM
<p>A diverse workforce allows the #USNavy to operate successfully around the globe by bringing together Sailors and civilians with different ideas, experiences, perspectives, capabilities and skill sets. This month, we join our nation in recognizing the contributions of African American Sailors and personnel both past and present.</p>	Link			2/1/17 6:39 AM

<p>Tuesday Trivia: The nuclear powered aircraft carrier has been, and will remain, the centerpiece of naval power projection at and from the sea. Tell us what year the #USNavy's first nuclear powered aircraft carrier USS Enterprise (CVN 65) was commissioned. Naval History & Heritage Command shares the answer and the legacy of ships named Enterprise.</p>	Link			1/31/17 3:12 PM
<p>Our nation faces a complex and quickly changing world, including at sea. That's why training like this visit, board, search, and seizure drill aboard USS WAYNE E. MEYER (DDG 108) is critical so our #USNavy Sailors are ready to provide on-call, scalable options to address these challenges.</p>	Photo			1/31/17 9:42 AM
<p>New Full Speed Ahead training continues the positive work we've done combating destructive behaviors while reinforcing #USNavy core attributes. Find out what's new and what's difference compared to Chart the Course and Bystander Intervention training that was conducted the past two years.</p>	Link			1/31/17 7:02 AM

<p>Honor the Fallen. Chief Special Warfare Operator William "Ryan" Owens was killed in action in Yemen Jan. 28. Chief Owens was assigned to an East Coast-based Special Warfare unit. We have the watch, Shipmate.</p>	<p>Link</p>			<p>1/30/17 3:19 PM</p>
<p>This week on the Rundown: Chief of Naval Operations Adm. John Richardson looks to help develop leaders, a new resource for financial literacy, one Sailor's experience in the career intermission program, and more. Watch for more details.</p>	<p>Video</p>			<p>1/30/17 9:04 AM</p>
<p>In order for our Seabees to build and to fight, they've got to be ready! Sailors assigned to NMCB FOUR got the chance to experience a different side of the #USNavy aboard USS SAN DIEGO (LPD 22)</p>	<p>Link</p>			<p>1/30/17 7:15 AM</p>
<p>"He was from a generation of people who were amazingly tough." That's how Ken Hartle's daughter, Karen Dahl, described her father who was the #USNavy's oldest surviving Pearl Harbor salvage diver. On Tuesday, he died at the age of 103. We have the watch shipmate.</p>	<p>Link</p>			<p>1/29/17 11:12 AM</p>

<p>If you could serve on any #USNavy surface ship, which one would it be? 244 midshipmen at the United States Naval Academy got that opportunity during #ShipSelection Night on Thursday.</p>	Link			1/28/17 9:13 AM
<p>Advancing directed energy supports the #USNavy's effort to strengthen naval power at and from the sea. Watch to come along as Chief of Naval Operations Adm. John Richardson reviewed directed energy systems and weapons being developed and tested U.S. Army White Sands Missile Range.</p>	Video			1/27/17 3:37 PM
<p>If you're experiencing any technical difficulties, you can switch over to our Facebook page at Facebook.com/USNavy.</p>	Link			1/27/17 8:32 AM
<p>Before you get your weekend underway, watch as our newest Sailors get their #USNavy careers underway during their boot camp graduation today at 9:45 a.m. ET.</p>	Video			1/27/17 6:45 AM
<p>A NAVADMIN released today updates several previously announced uniform policy changes. Get the details here.</p>	Link			1/26/17 3:52 PM
<p>On this Throwback Thursday, we're going back to this day in 1913, the body of #USNavy legend John Paul Jones is laid in its final resting place at the United States Naval Academy.</p>	Photo			1/26/17 9:53 AM

<p>Today on #NationalSpousesDay, we honor our #USNavy spouses that embody ideals we cherish: strength, loyalty, and commitment. They stand beside those who stand behind our flag, giving their all and making tremendous sacrifices.</p>	Photo			1/26/17 6:58 AM
<p>Just like the weapons systems we use, our personnel system needs updates to keep pace with a rapidly changing world. Find out how our #Sailor2025 program is working to more effectively recruit, train and manage the force of tomorrow while improving #USNavy warfighting readiness.</p>	Link			1/25/17 6:42 PM
<p>In case you missed it: Chief of Naval Operations Adm. John Richardson released the Navy Leader Development Framework that outlines how the #USNavy will develop leaders to demonstrate both operational excellence and strong character.</p>	Video			1/25/17 3:12 PM
<p>A new application for mobile devices designed to enhance financial literacy for #USNavy Sailors is available to help provide the latest info on the Blended Retirement System that goes into effect in 2018.</p>	Link			1/25/17 9:15 AM

Chief of Naval Operations Adm. John Richardson released the Navy Leader Development Framework today. This document outlines how the #USNavy will develop leaders to demonstrate both operational excellence and strong character. Check out this #31for31 for more information.	Video			1/25/17 6:30 AM
A team of #USNavy scientists and engineers at Naval Surface Warfare Center, Panama City Division (NSWC PCD) have successfully recreated a natural material used for marine wildlife defense to assist military personnel.	Link			1/24/17 3:24 PM
For those Sailors looking for an opportunity to take a sabbatical from the #USNavy, the Career Intermission Program might be for you.	Link			1/24/17 9:39 AM
Caption this! If you want to know what's really happening, visit http://bitly.com/2jNs9d9	Photo			1/24/17 7:02 AM
BZ to the Sailors aboard USS MAKIN ISLAND (LHD 8) for proving why the #USNavy is 100 percent on watch around the globe.	Link			1/23/17 3:49 PM
Navy Cargo Handling Battalion ONE (NCHB-1) Sailors returned to McMurdo Station, Antarctica, in support of the National Science Foundation (NSF) annual resupply mission in support of Operation Deep Freeze.	Link			1/23/17 9:39 AM

<p>This week on the Rundown: we say farewell to a fleet master chief, the Naval War College has more ways #USNavy Sailors can earn a college degree, and the latest from the Every Sailor Every Day campaign. Watch for more details</p>	Video			1/23/17 6:33 AM
<p>In case you missed it: Secretary of Defense James Mattis became our 26th #SecDef on Friday. The next day, he got right to work, meeting with our deputy SecDef, chairman of the Joint Chiefs of Staff, and vice chairman of the Joint Chiefs of Staff at the Pentagon.</p>	Link			1/22/17 6:54 AM
<p>Fair winds and following seas to our shipmates aboard USS George H.W. Bush (CVN 77) which got underway today for its regularly-scheduled deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet. Do you have any words of encouragement for your #USNavy Sailors?</p>	Photo			1/21/17 5:26 PM
<p>Did you recognize a familiar #USNavy voice during Friday's inauguration? BZ to United States Navy Band's Chief Musician Courtney Williams who served as public address announcer!</p>	Photo			1/21/17 10:19 AM

<p>Follow along as the #USNavy USS George H.W. Bush (CVN 77), seen here in a file photo, and the carrier strike group gets underway today for its regularly-scheduled deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet.</p> <p>📰 Story: http://bitly.com/2jD6dUm  Video: http://bitly.com/2j71idv</p>	Link			1/21/17 5:31 AM
<p>MATTIS SENDS: "... I am confident you will do your part. I pledge to you I'll do my best as your Secretary." Read the rest of #SecDef James Mattis' message to the U.S. Department of Defense (DoD) here.</p>	Link			1/20/17 6:54 PM
<p>It's official! Meet your U.S. Department of Defense (DoD) #SecDef, Gen. (Ret.) James Mattis who was sworn in just moments ago by Vice President Mike Pence. Welcome back aboard, Sir!</p>	Photo			1/20/17 4:57 PM
<p>More than 5,000 #USNavy Sailors, Marines and Coast Guardsmen will participate in the 29th Fleet Week New York, May 24-30. Will YOU be there? Tell us YOUR favorite Fleet Week moments from years past!</p>	Link			1/20/17 3:17 PM
<p>The Honorable Sean J. Stackley assumed the responsibilities of acting Secretary of the Navy Jan. 20 at noon.</p>	Link			1/20/17 9:53 AM

<p>6,000 Sailors attached to the USS George H.W. Bush (CVN 77) Carrier Strike Group will depart Norfolk and Mayport, Fla., for a regularly-scheduled deployment.</p>	<p>Link</p>			<p>1/19/17 6:10 PM</p>
<p>The Improved Flame Resistant Variant coverall is now an approved fleet organizational clothing item. Details on what that means for Sailors and when they'll start to see them here.</p>	<p>Link</p>			<p>1/19/17 3:11 PM</p>
<p>Fair winds and following seas, shipmate! Fleet Master Chief April Beldo, one of the #USNavy's most accomplished master chiefs, retires after 34 years of faithful service.</p>	<p>Link</p>			<p>1/19/17 9:12 AM</p>
<p>Secretary of the Navy Ray Mabus is the 75th U.S. Secretary of the Navy, the longest to serve as leader of the #USNavy and U.S. Marine Corps since World War I. Read SECNAV Mabus' remarks from his farewell tribute ceremony.</p>	<p>Link</p>			<p>1/18/17 3:12 PM</p>
<p>No matter where you are, find out how the College of Distance Education at Naval War College is providing superlative education to students around the globe, helping develop leaders and encourage excellence the world over.</p>	<p>Link</p>			<p>1/18/17 9:22 AM</p>

<p>This is your fleet and these are your #USNavy Sailors! These fine men and women are leading from the deck plates and completing missions around the globe. #GoNavy http://bitly.com/2jwOVS</p>	Link			1/18/17 6:33 AM
<p>USS Bataan (LHD 5) conducts a live-fire exercise with the ship's RIM 116 Rolling Airframe Missile weapon system in the Atlantic Ocean, Jan. 11, in preparation for its upcoming deployment.</p>	Photo			1/17/17 4:27 PM
<p>First-term #USNavy Sailors on sea duty can now elect to extend their expiration of active obligated service to complete their sea duty assignment. All Hands Magazine explains the five things you need to know.</p>	Link			1/17/17 9:12 AM
<p>This week on the Rundown: A new way to chat with Navy Detailers, Chief of Naval Personnel - N1 visits U.S. Pacific Fleet Sailor, and more. Watch for all of the details.</p>	Video			1/17/17 6:33 AM
<p>Fair winds and following seas, shipmate! Retired #USNavy Captain Eugene Cernan - the last man on the moon and a naval aviator - died today, NASA - National Aeronautics and Space Administration announced today. We have the watch, shipmate.</p>	Link			1/16/17 4:11 PM

<p>Today we celebrate the late Dr. Martin Luther King, Jr.'s legacy. Dr. King devoted his life to service, organizing rallies and events during the American civil rights movement, a movement influential in #USNavy policy changes, leading to the diverse Fleet we have today. What does Dr. King's legacy mean to you?</p>	Photo			1/16/17 9:06 AM
<p>"Today we honor some of our nation's finest heroes, not just for their individual acts of courage and bravery in the face of danger, but for the everyday selflessness that they and their peers demonstrate." - Secretary of the Navy Ray Mabus</p>	Link			1/14/17 9:12 AM
<p>On this day in 1967, the #USNavy established The office of the Senior Enlisted Advisor to the Chief of Naval Personnel. Master Chief Gunner's Mate Delbert D. Black was appointed to the position. In March of that same year, the position was renamed to Master Chief Petty Officer of the Navy (MCPON). Learn more about MCPON Black and the office of the MCPON at Naval History & Heritage Command #MCPON50</p>	Link			1/13/17 3:12 PM
<p>"I am here to paint the big picture of Sailor 2025. My main job is to make sure that the fleet is fully manned." - Vice Adm. Robert Burke Chief of Naval Personnel - N1</p>	Link			1/13/17 9:12 AM

<p>Before the Surface Navy Association's National Symposium wrapped up Thursday, we talked to our top SWO about how #USNavy distributed lethality increases our reach and ability to control the sea. Turn on your sound to hear Vice. Adm. Tom Rowden's answers.</p>	Video			1/13/17 5:37 AM
<p>"We've got to keep one eye on today and be ready to fight tonight. When we deploy, we have to ensure those ships are ready for what's on the horizon, but also keep an eye on the future." - Secretary of the Navy Ray Mabus at the Surface Navy Association Symposium on Wednesday.</p>	Link			1/12/17 6:25 AM
<p>WATCH LIVE: What's ahead for the Surface Navy? #USNavy Rear Adm. Ron Boxall is at the Surface Navy Association's 29th annual National Symposium with a look ahead. ♦ The symposium highlights the doctrine of distributed lethality as a valuable warfare strategy that enhances naval power at and from the sea.</p>	Video			1/11/17 9:08 AM

<p>The Surface Navy Association's 29th annual National Symposium highlights the doctrine of distributed lethality as a valuable warfare strategy that enhances #USNavy power at and from the sea. As Wednesday's sessions get underway, catch-up on discussions sessions about "Distributed Lethality: Enabling #SeaControl.</p>	Link			1/11/17 6:43 AM
<p>#USNavy toughness could be defined by United States Naval Academy Midshipman Jonathan Dennler's heroism following a deadly storm on a camping trip. After you read his story, you'll want to give him a BZ in the comments below!</p>	Link			1/10/17 6:11 PM
<p>#SeaControl is critical to ensuring global stability, national security and the safety of international sea lanes. Turn on your sound to learn how #USNavy distributed lethality increases our reach and ability to control the sea.</p>	Video			1/10/17 2:52 PM
<p>LIVE NOW: Our top SWO explains how #USNavy Distributed Lethality returns us to #SeaControl in a complex and quickly changing world.</p>	Link			1/10/17 10:07 AM

<p>On this day in 2009, the #USNavy commissioned the 10th and final nuclear-powered Nimitz-class carrier, USS George H.W. Bush (CVN 77) in front of thousands attending a pierside ceremony at Naval Station Norfolk.</p>	Photo			1/10/17 7:13 AM
<p>A centuries-old tradition dating back to the inauguration of President George Washington continues with the help of the US Navy Ceremonial Guard. Take a look from the 58th Presidential Inauguration - Joint Task Force National Capital Region here.</p>	Video			1/9/17 6:08 PM
<p>As a maritime nation, we rely on open oceans for prosperity and security. Our top SWO explains how #USNavy Distributed Lethality returns us to #SeaControl in a complex and quickly changing world.</p>	Link			1/9/17 3:23 PM
<p>MEDITERRANEAN SEA (Dec. 28, 2016) The guided missile destroyer USS Porter (DDG 78) fires a five-inch gun during a live-fire exercise. Porter, forward-deployed to Rota, Spain, is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe. (U.S. Navy photo by Mass Communication Specialist Seaman Ford Williams/Released)</p>	Photo			1/9/17 9:42 AM

<p>This week on the Rundown: we're highlighting resources to help you with your PCS move, a program that gives you the chance to take a break from #USNavy, and how you can better manage your money in 2017. Watch for more details.</p>	Video			1/9/17 7:03 AM
<p>The United States faces a complex and quickly changing world, which is reflected at sea. Watch for a preview of how distributed lethality will return our #USNavy Surface Warriors to sea control. Stay tuned throughout the week.</p>	Video			1/8/17 4:33 PM
<p>USS Dwight D. Eisenhower (CVN 69) Carrier Strike Group's on time return was more than a good thing for its Sailors and their families. See why its deployment is an example of rotating our #USNavy force and surging it if necessary.</p>	Link			1/8/17 7:21 AM
<p>Sweepers, sweepers, man your brooms – rather your shovels! #USNavy USS George Washington (CVN 73), seen here Saturday in Norfolk, saw wintry weather today as part of the region's first winter storm of 2017. The ship is preparing to move to Newport News, Virginia, for its refueling complex (RCOH) maintenance.</p>	Photo			1/7/17 2:20 PM

<p>Honoring the Fallen. Fulfilling our Nation's Promise. A U.S. flag is presented to the niece of #USNavy Water Tender First Class Walter Henry Sollie on Friday. Her uncle was killed in the Pearl Harbor attack aboard USS Oklahoma (BB 37). Recently, the Defense POW / MIA Accounting Agency identified his remains through a DNA match. Yesterday, his funeral was held in Pensacola. We have the watch shipmate.</p>	Photo			1/7/17 7:17 AM
<p>A #USNavy E-2C Hawkeye prepares to launch from USS Carl Vinson (CVN 70) in the Pacific Ocean, January 5. The Carl Vinson Carrier Strike Group will report to U.S. 3rd Fleet, headquartered in San Diego, while deployed to the Western Pacific as part of the U.S. Pacific Fleet-led initiative to extend the command and control functions of 3rd Fleet into the region.</p>	Photo			1/6/17 2:32 PM
<p>Watch live as the Department of the #USNavy says farewell to our 75th Secretary of the Navy Ray Mabus at Marine Barracks Washington 8th & I.</p>	Video			1/6/17 7:05 AM

<p>"Our forward presence contributes to freedom of navigation and lawful use of the sea, as well as furthers operational training and enabling the exchange of culture, skills, and tactical knowledge." - Rear Adm. James W. Kilby Commander, Carrier Strike Group 1</p>	Link			1/5/17 6:13 PM
<p>On this Throwback Thursday, we're going back to 2016 - a year of integrity, accountability, initiative and toughness in the #USNavy. A lot happened last year. So, watch until the end and tell us your favorite moment in the comments below.</p>	Video			1/5/17 11:13 AM
<p>Airman Apprentice Andrew Mackey performs evening colors aboard #USNavy USS Carl Vinson (CVN 70) yesterday. Today, the carrier strike group begins to deploy on a regularly-scheduled deployment to the Western Pacific where it will conduct bilateral exercises in the Indo-Asia-Pacific region.</p>	Photo			1/5/17 6:17 AM

<p>Practice makes perfect! #USNavy Sailors assigned to Surface Warfare Detachment 2 aboard USS CORONADO (LCS 4) participate in visit, board, search and seizure training Jan. 3 in Changi, Singapore. Coronado is a fast and agile warship tailor-made to patrol Asian Pacific littorals and work hull-to-hull with partner navies, providing U.S. 7th Fleet with the flexible capabilities it needs now and in the future.</p>	Photo			1/4/17 9:28 AM
<p>Do you have questions about military moves for a permanent change of station, retirement or separation? Then, you'll want to participate in one of these upcoming live webinars starting next week.</p>	Link			1/4/17 6:37 AM
<p>Make it your mission to start 2017 with optimism. Positive thinking can help keep stress in check and improve your mood. Use this final #USNavy #FITmasTime tip and others that we shared to continue prioritizing your health in the new year.</p>	Link			1/3/17 10:05 AM
<p>Mark your calendars now: Tax returns are due April 18. All Hands Magazine explains why you may not receive your refund as early as in previous years.</p>	Link			1/3/17 6:49 AM

<p>Watch for all the Monday Motivation you'll need in 2017: A mother being reunited with her USS Nitze DDG 94 Sailor on Friday after the ship's 7-month deployment.</p>	Video			1/2/17 3:14 PM
<p>Financial challenges can be a significant source of anxiety. Give yourself a solid financial foundation in 2017 by setting up an emergency fund, making saving a habit and thoughtfully thinking through purchases. Get more #FITmasTime tips at http://bitly.com/2iWSUtW.</p>	Photo			1/2/17 7:57 AM
<p>To our entire #OneNavyTeam, thanks for everything you did last year. Our work continues in 2017 to strengthen naval power at and from the sea, achieve high-velocity learning at every level, strengthen our #USNavy team for the future, and expand and strengthen our network of partners.</p>	Video			1/1/17 3:13 PM
<p>USS Dwight D. Eisenhower (CVN 69) Sailors are spending their first holiday with their families in seven months after Ike's deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet. Take another look at Friday's homecoming here.</p>	Video			1/1/17 11:14 AM

Start 2017 strong by resolving to focus on your physical fitness. Engaging in regular physical activity is one of the most vital things that #USNavy Sailors of all ages can do to improve their health - both psychological and physical. Get more #FITmasTime tips at <http://j.mp/2iV1y0k>

Photo

1/1/17 7:10 AM

Audience Targeting	other clicks	photo view	link clicks	video play
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Post Message	Type	Countries	Languages	Posted
U.S. Navy	Photo			4/30/17 7:23 PM
Although Sexual Assault Awareness and Prevention Month is coming to an end, our #OneNavyTeam's work continues to eliminate the crime of sexual assault and ensure our team members are treated with dignity and respect because protecting our people protects our mission.	Photo			4/30/17 8:06 AM
#USNavy forces – like USS Carl Vinson (CVN 70) – provide on-call scalable options to address a changing world’s challenges, and the ship’s Sailors have the ammunition to do that thanks to Helicopter Sea Combat Squadron FOUR, HSC-4 and USNS Richard E. Byrd (T-AKE 4).	Video			4/29/17 3:20 PM
Watch to help celebrate the christening of our future USS Indiana (SSN 789). Learn more about the next-generation attack submarine at https://go.usa.gov/x55Jj .	Video			4/29/17 8:08 AM

<p>Watch and wait for the flyover as USS Carl Vinson (CVN 70), USS Lake Champlain (CG 57), USS Wayne E. Meyer (DDG 108) and USS Michael Murphy (DDG 112) transited the Philippine Sea today with two Japan Maritime Self Defence Force destroyers. For more than 70 years, we've been routinely patrolling the Indo-Asia-Pacific to promote regional peace and security, and that continued today!</p>	Video			4/28/17 3:16 PM
<p>On this National Superhero Day, we remember that not all heroes wear capes....#USNavy Sailors, past and present, serve to protect and defend America. Tell us about your Navy hero.</p>	Photo			4/28/17 6:44 AM
<p>On this Throwback Thursday, we're going back to May 16, 2015: The keel laying ceremony for future USS Indiana (SSN 789). This Saturday, we'll christen our newest Virginia-class fast attack submarine. You can watch the ceremony here starting at 11 a.m. EDT.</p>	Photo			4/27/17 3:31 PM
<p>It's Take Our Daughters and Sons to Work Day. What would you tell your children about why you joined the #USNavy?</p>	Photo			4/27/17 6:33 AM

<p>Traumatic brain injuries can happen to anyone and not all TBIs are equal. All Hands Magazine shares how a retired Sailor's decision to seek treatment has put him on a mission to help others.</p>	<p>Link</p>			<p>4/26/17 5:23 PM</p>
<p>We're committed to learning and adapting faster – always getting better, striving to the limits of our performance. Watch live at 4 p.m. ET on the U.S. Marine Corps Facebook page for an example of how our #BlueGreenTeam is doing that.</p>	<p>SharedVideo</p>			<p>4/26/17 12:31 PM</p>
<p>Wednesday Wisdom: No matter how complex and quickly the world changes, the #USNavy will always fight to maintain prosperity and security on the open oceans.</p>	<p>Photo</p>			<p>4/26/17 6:31 AM</p>
<p>As a maritime nation, we rely on open oceans for prosperity and security. We maintain those open waters while expanding and strengthening our network of partners – like USS Carl Vinson (CVN 70) seen here transiting the Philippine Sea while conducting a bilateral exercise with the Japan Maritime Self Defense Force.</p>	<p>Photo</p>			<p>4/25/17 5:06 PM</p>

<p>Sexual assault is a serious crime, and we want victims to get the help they need. Help is always available through the Department of Defense Safe Helpline at 1-877-995-5247 or http://www.safehelpline.org. Turn on your sound to meet some of the people who are ready to help because protecting our people protects our mission.</p>	Video			4/25/17 9:21 AM
<p>"This visit is yet another example of the steadfast ROK and U.S. naval partnership." – Rear Adm. Brad Cooper U.S. Naval Forces Korea</p>	Link			4/25/17 6:46 AM
<p>Happy 71st birthday to the U.S. Navy Blue Angels! Watch to see some of this year's demonstrations, showcasing the pride and professionalism of the #USNavy and U.S. Marine Corps since 1946. Check out the team's schedule at https://go.usa.gov/x5kk5.</p>	Video			4/24/17 3:09 PM
<p>This week on the Rundown: the winners of a historic leadership awards have been announced, the #USNavy is looking for feedback on stress, and the creation of a response team to help prevent family violence.</p>	Video			4/24/17 10:21 AM

<p>"The seriousness in which I view these incidents is reflected in the seniority of those leading this review. They will provide a full and open accounting to our aviation community, their families and the public." - Vice Chief of Naval Operations Adm. Bill Moran</p>	Link			4/24/17 5:58 AM
<p>End your weekend with a bang – like USS Carney (DDG 64) firing its Mark 45 5-inch gun during a live-fire exercise during Flag Officer Sea Training 2017 in the Atlantic Ocean, April 18.</p>	Photo			4/23/17 3:12 PM
<p>Our #OneNavyTeam serves around the world to protect and defend America. These are some of those Faces of the Fleet...</p>	Link			4/23/17 6:37 AM
<p>More than 90 #USNavy commands are participating in Earth Day events this year. Take a look at how Sailors are doing their part to protect and preserve their Hawaii Nei (beloved Hawaii) – not just during this Earth Month, but always.</p>	Link			4/22/17 3:13 PM
<p>Our #USNavy chaplains provide more than religious support. The Chief of Chaplains of the Navy explains how they're part of our dedication to providing compassionate support to sexual assault victims regardless of their beliefs.</p>	Link			4/22/17 9:38 AM

<p>While today is Earth Day, #USNavy commands across the globe are showcasing their environmental stewardship throughout April as we take care of the environment year-round.</p>	Link			4/22/17 6:21 AM
<p>Drumroll, please. And our Shore Sailor of the Year is...</p>	Link			4/21/17 3:12 PM
<p>Start your weekend by watching our newest Sailors start their #UNavy careers as they graduate boot camp at Naval Station Great Lakes. Welcome aboard shipmates and your families!</p>	Video			4/21/17 6:45 AM
<p>Did you know tomorrow is #PurpleUp Day? The grassroots effort, which began in 2011, is an opportunity to wear purple to show your support for military children because our #KidsServeToo. We know our 'Grapes" will have no problem showing off the joint service color as they're protecting and defending our little shipmates and their families.</p>	Photo			4/20/17 3:27 PM
<p>Welcome home shipmates from USS CORONADO (LCS 4)'s maiden deployment! We know Crew 203 will continue to strengthen relationships and enhance interoperability with key maritime partners.</p>	Link			4/20/17 9:10 AM

<p>Our #KidsServeToo! Download this certificate to thank your child for their service and support during this Month of the Military Child and every day! You can also download it from https://go.usa.gov/x5xeh.</p>	Photo			4/19/17 3:12 PM
<p>Protecting our people protects our mission, and our sexual assault victim advocates are an important part of that. These specially trained volunteers provide victims essential non-clinical support and information about options and resources, and also maintain contact with them as needed for continued support.</p>	Video			4/19/17 9:05 AM
<p>Just a few hours ago, Vice President Mike Pence spoke to service members on USS Ronald Reagan (CVN 76)'s flight deck during his first official travel to the Asia-Pacific region.</p>	Link			4/19/17 6:35 AM
<p>LIVE NOW: Watch as Vice President Mike Pence delivers remarks aboard USS Ronald Reagan (CVN 76) as part of his first official travel to the Asia-Pacific region.</p>	Video			4/18/17 6:23 PM
<p>LIVE 9 P.M. ET: Join us here for Vice President Mike Pence's live remarks aboard USS Ronald Reagan (CVN 76) as part of his first official travel to the Asia-Pacific region</p>	Link			4/18/17 3:13 PM

<p>Today marks 75 years since the Doolittle Raid, which reinvigorated our country's morale following the Pearl Harbor attack. Watch this 1943 US National Archives video to witness the toughness demonstrated during this joint operation between the #USNavy and the U.S. Army Air Forces. Learn more from Naval History & Heritage Command at https://go.usa.gov/x5qUb</p>	Video			4/18/17 9:50 AM
<p>Our future USS Gerald R. Ford - CVN 78 will bring with it 4.5 acres of diplomacy and improved #USNavy warfighting, increased operational availability, as well as reduced operating costs and crew size when it joins our fleet. Let's go inside its builders sea trials – a milestone that marked another step closer to that happening.</p>	Link			4/18/17 7:08 AM
<p>Corpsman up! BZ shipmate! "As soon as I knew that I could be of assistance, I just resorted back to what I learned from my [training as] a corpsman." – Hospital Corpsman Christopher Marroquin</p>	Link			4/17/17 3:13 PM
<p>This week on the Rundown: 6 things to know about SAPR reporting, the #USNavy recognizes Alcohol Awareness Month with a new mobile app to promote drinking responsibly.</p>	Video			4/17/17 9:12 AM

<p>Flight operations are expected to resume today using a modified mask while we continue to work to identify the root cause of recent physiological episodes and have identified a solution. More on the planned way ahead this week here...</p>	Link			4/17/17 6:36 AM
<p>From training to provide options to protect and defend America... to executing those options, our #USNavy Sailors have been busy. Take a look at how they've been operating forward.</p>	Link			4/16/17 4:35 PM
<p>Our Navy Weeks introduce communities without a #USNavy presence to Navy life and how our Sailors protect and defend America. Let's visit our most recent Navy Week along the Mississippi Gulf Coast.</p>	Link			4/16/17 7:05 AM
<p>In case you missed it, our submarine force celebrated 117 years of Silent Service earlier this week. Test your knowledge here and tag a friend to see who knows more!</p>	Link			4/15/17 3:29 PM
<p>The wait is over! The video is here. We apologize for the delay. Thanks for your patience! Welcome to the Navy family.</p>	Link			4/15/17 11:16 AM
<p>Our future USS Gerald R. Ford - CVN 78 is back from builder's sea trials. The next generation aircraft carrier remains on track to conduct acceptance trials and delivery to the #USNavy this spring.</p>	Link			4/15/17 6:11 AM

<p>This new policy is in response to continued reports of explosions of ENDS due to the overheating of lithium-ion batteries. Multiple Sailors have suffered serious injuries from these devices, to include first- and second-degree burns and facial disfigurement.</p>	<p>Link</p>			<p>4/14/17 3:52 PM</p>
<p>Initiative, one of our core attributes, happens in different ways – both personally and professionally. Listen as Chief of Naval Operations Adm. John Richardson talks about the initiative demonstrated by USS Ross’ readiness and how initiative is part of ensuring #NoBystanders in our #OneNavyTeam.</p>	<p>Link</p>			<p>4/14/17 9:41 AM</p>
<p>We apologize for the technical problems about the live feed. However, we're recording it and will post it later today at this address. Thank you for your understanding and welcome aboard to our Navy family!</p>	<p>Link</p>			<p>4/14/17 7:12 AM</p>
<p>BZ to our Sailors aboard our future USS Gerald R. Ford - CVN 78 for their readiness during the ship's sea trials to help a Sailor in need. Read and then share to give a BZ too!</p>	<p>Link</p>			<p>4/14/17 6:35 AM</p>

<p>It's a complex and changing world. Training like this live-fire exercise aboard USS America (LHA 6) is one way that we're always preparing to provide on-scale options. The exercise – seen here looped in slow motion – tested the ship's defenses by destroying a drone using its self-defense Rolling Airframe Missile system.</p>	<p>Video</p>			<p>4/13/17 3:57 PM</p>
<p>See something wrong? Do something right! Did you know that NCIS - Naval Criminal Investigative Service has three ways – text, web and app – to report a crime and issues like direct knowledge of explicit photos taken without consent? Find out more here...</p>	<p>Link</p>			<p>4/13/17 9:21 AM</p>
<p>Time is of the essence if a submarine's pressurized steam lines rupture. Dive deeper into the new damage control equipment we're testing to better protect our Sailors when making emergency repairs or rescuing their shipmates.</p>	<p>Link</p>			<p>4/13/17 6:21 AM</p>
<p>Each of us has a role to play in preventing, reporting and eliminating sexual assault and harassment as well as other toxic behaviors. LISTEN and then SHARE because the message is clear: There can be #NoBystanders in our #OneNavyTeam. Period.</p>	<p>Video</p>			<p>4/12/17 3:12 PM</p>

<p>The USS Dwight D. Eisenhower (CVN 69) Strike Group returned home just a few months, but that doesn't mean its Sailors aren't maintaining their readiness to deploy anywhere in the world on short notice if needed.</p>	<p>Link</p>			<p>4/12/17 6:32 AM</p>
<p>We have a special Tuesday Trivia for you! How well do you know the #USNavy's Submarine Force? Test your knowledge and help celebrate 117 years of Silent Service.</p>	<p>Link</p>			<p>4/11/17 3:08 PM</p>
<p>Expanding and strengthening our network of partners isn't something just for senior #USNavy leaders. Listen to hear why this line of effort in Chief of Naval Operations Adm. John Richardson's "A Design for Maintaining Maritime Superiority" matters.</p>	<p>Link</p>			<p>4/11/17 8:57 AM</p>
<p>Each of us has a role to play in preventing, reporting and eliminating sexual assault because protecting our people protects our mission. It is important to know the reporting options if you or a shipmate is a victim of sexual assault. Here are six things you need to know and understand.</p>	<p>Link</p>			<p>4/11/17 6:45 AM</p>

<p>"The Navy and our industry partners are excited to have the future USS Gerald R. Ford - CVN 78 underway under her own power for the first time, executing a rigorous and comprehensive test program for this first-of-class ship." - Rear Adm. Brian Antonio Program executive officer for aircraft carriers</p>	Photo			4/10/17 6:19 PM
<p>On this National Siblings Day, we'd like to give a big HOOYAH to our sister services – U.S. Army, U.S. Marine Corps, United States Air Force and U.S. Coast Guard – that join us in the fight to protect and defend America! #OneTeam, #OneFight!</p>	Photo			4/10/17 3:14 PM
<p>Lacking Monday motivation? Sailors aboard our future USS Gerald R. Ford - CVN 78 probably aren't having that problem. This weekend, they got underway under the ship's own power for the first time to execute a rigorous and comprehensive test program of their first-of-class ship.</p>	Video			4/10/17 9:49 AM
<p>This week on the Rundown: Quotas and updates are out for the 2017 Meritorious Advancement Program, #USNavy charts the course for the future, and Chief of Naval Personnel - N1 brings Sailor 2025 to Sea Air Space.</p>	Video			4/10/17 6:33 AM

U.S. Navy	Photo			4/10/17 4:28 AM
It's not often that your BZ comes from your Commander-in-Chief President Donald J. Trump aboard Air Force One.	Link			4/9/17 5:52 PM
In case you missed it: Our future USS Paul Ignatius (DDG 117) is now another step closer to joining the #USNavy's fleet. Turn on your sound to experience some of Saturday's christening ceremony.	Video			4/9/17 3:13 PM
Forward and flexible. At the direction of U.S. Pacific Command, the USS Carl Vinson (CVN 70) Carrier Strike Group – seen here in a file photo – is proceeding north from Singapore to operate in the Western Pacific rather than conducting previously planned visits to Australia.	Link			4/9/17 8:28 AM
The #USNavy's future USS Gerald R. Ford - CVN 78 is underway under its own power for the first time, executing a rigorous and comprehensive test program for this first-of-class ship.	Link			4/8/17 3:48 PM
Today, our future USS Paul Ignatius (DDG 117) will be another step closer to joining our fleet, helping us to adapt in both quantity and quality to address more complex, rapidly evolving challenges.	Link			4/8/17 6:52 AM

<p>When we talk about the #USNavy providing on-call, scalable options to address challenges in a changing world, the firing of 59 Tomahawk missiles into Syria is an example of that. Here's why...</p>	Link			4/7/17 6:13 PM
<p>The countdown is on until the #USNavy hosts the U.S. Department of Defense (DoD) Warrior Games in Chicago, and this year marks a first for the competition where athletes will demonstrate their enduring warrior spirit.</p>	Link			4/7/17 3:11 PM
<p>In case you missed it last night: The United States fired 59 Tomahawk missiles from USS Porter and USS Ross in the eastern Mediterranean Sea into Syria in retaliation for the regime of Bashar Assad using nerve agents to attack his own people.</p>	Link			4/7/17 7:13 AM

<p>From the U.S. Department of Defense (DoD): At the direction of the president, U.S. forces conducted a cruise missile strike against a Syrian Air Force airfield today at about 8:40 p.m. EDT (4:40 a.m., April 7, in Syria). The strike targeted Shayrat Airfield in Homs governorate, and were in response to the Syrian government's chemical weapons attack April 4 in Khan Sheikhoun, which killed and injured hundreds of innocent Syrian people, including women and children. More details at http://go.usa.gov/xXQ7v</p>	Video			4/6/17 8:05 PM
<p>Fair winds and following seas, John Glenn – member of our Department of the Navy family as a U.S. Marine Corps fighter pilot, legendary NASA - National Aeronautics and Space Administration astronaut and U.S. senator. Today, he was laid to rest at Arlington National Cemetery. He passed away Dec. 8, 2016, at age 95.</p>	Photo			4/6/17 3:42 PM
<p>The location of the first American shots in World War I, which the United States entered 100-years-ago today, may surprise you. Naval History & Heritage Command explains. Then and now, the #USNavy provides on-call scalable options in a changing world.</p>	Link			4/6/17 6:05 AM

<p>The pause, which is in response to concerns raised by T-45C pilots over the potential for physiological episodes, will allow time for naval aviation leadership to engage with the pilots, hear their concerns and discuss the risk mitigation efforts that are ongoing to correct this issue.</p>	Link			4/5/17 6:14 PM
<p>On this Gold Star Spouses Day and everyday, we honor the families of our fallen shipmates for their service and sacrifice.</p>	Photo			4/5/17 10:26 AM
<p>While April is Sexual Assault Awareness and Prevention Month, the prevention, reporting and elimination of sexual assault is always an all-hands responsibility. Protecting our people to protect our mission starts with you. Share to spread the word.</p>	Link			4/4/17 5:56 PM
<p>Are you expecting to PCS this summer? With permanent change of station orders being issued later than normal due to a continuing resolution for fiscal year 2017, there are a few things you need to know to make your move less stressful.</p>	Link			4/4/17 3:23 PM

<p>Get energized to maintain our edge in today's competitive world. Chief of Naval Operations Adm. John Richardson shares how directed energy like lasers will be a transformational technology that must be done fast and right so the #USNavy is the first on the field with this capability.</p>	<p>Link</p>			<p>4/4/17 9:38 AM</p>
<p>In recognition of Sexual Assault Awareness and Prevention Month, we've changed our profile picture to teal - symbolic of the teal ribbons that are used to mark the month. The April awareness month is designed to build momentum for year-round efforts to eliminate the crime of sexual assault, while making sure all Sailors are treated with dignity and respect. Protecting our People, Protects our Mission!</p>	<p>Photo</p>			<p>4/4/17 9:06 AM</p>
<p>In today's complex and quickly changing world, how are our partnerships a "collective insurance policy?" Turn on your sound as Adm. Bill Moran explained on Monday at the nation's largest maritime expo, Sea Air Space – just outside of Washington, D.C.</p>	<p>Video</p>			<p>4/4/17 6:24 AM</p>

<p>Honoring our past...to build our future inspired by toughness and integrity. The #USNavy celebrated Medal of Honor recipient Thomas Hudner Jr.'s service this weekend during the christening of the guided-missile destroyer that bears his name. His story is all the Monday motivation that you need.</p>	<p>Link</p>			<p>4/3/17 4:11 PM</p>
<p>This week on the Rundown: The enlisted advancement cycle has been announced, it is Sexual Assault Awareness and Prevention Month, and in case you missed it, big news regarding #USNavy GMTs. Watch for more details.</p>	<p>Video</p>			<p>4/3/17 9:04 AM</p>
<p>Sleep tight! Your #USNavy is on watch around the world, protecting and defending America.</p>	<p>Photo</p>			<p>4/2/17 6:15 PM</p>
<p>The #USNavy's largest rating will soon see significant training changes to provide ready and relevant training that will prepare them to manage the continuum of care in high-threat or complex environments.</p>	<p>Link</p>			<p>4/2/17 6:39 AM</p>

<p>No April Fool's Day joke! In case you missed it, we've ended online GMT to improve leader engagement opportunities, reduce administrative distractions and address our Sailors' frustration with current online training products. This is the way ahead...</p>	<p>Link</p>			<p>4/1/17 6:12 PM</p>
<p>Happy birthday to our chief petty officers! For 124 years, you've remained the hallmark of technical expertise and ship's knowledge. Celebrate by testing your knowledge of our deckplate leaders and backbone of our #USNavy then, today and beyond! Navy chief! Navy pride!</p>	<p>Link</p>			<p>4/1/17 5:35 AM</p>
<p>Ahead of Saturday's 124th birthday of the #USNavy chief petty officer, we asked you what your chief taught you about integrity, accountability, initiative and toughness. Check out some of the responses and add your own response in our blog here.</p>	<p>Link</p>			<p>3/31/17 5:00 PM</p>
<p>Starting Saturday, we'll observe Sexual Assault Awareness and Prevention Month. Remember each member of our #OneNavyTeam has a role to play in preventing, reporting and eliminating sexual assault – not just in April, but always because protecting our people protects our mission.</p>	<p>Link</p>			<p>3/31/17 9:40 AM</p>

<p>Our female Sailors and civilians – like Angela Moran – have a rich history of service in the #USNavy. Turn on your sound to listen why the United States Naval Academy professor says one of her contributions to our #OneNavyTeam was life changing for her. BZ Professor Moran!</p>	<p>Video</p>			<p>3/31/17 7:17 AM</p>
<p>Saturday, we'll christen the future USS Thomas Hudner (DDG 116). Read to learn more about the #USNavy's newest guided-missile destroyer.</p>	<p>Link</p>			<p>3/30/17 3:27 PM</p>
<p>In this #31for31, Chief of Naval Operations Adm. John Richardson delivered a keynote address to the 2017 Directed Energy Summit in Washington, DC. Watch for some of the highlights.</p>	<p>Video</p>			<p>3/30/17 9:04 AM</p>
<p>This Saturday, we'll mark 124 years of deckplate leadership by our #USNavy chiefs. Tell us what your chief taught you about integrity, accountability, initiative and toughness. We'll share some of your answers later this week.</p>	<p>Photo</p>			<p>3/29/17 3:46 PM</p>
<p>Our #USNavy Sailors serve around the world, around the clock to protect and defend America. Here's a look at some of our "Faces of the Fleet"...</p>	<p>Link</p>			<p>3/29/17 6:25 AM</p>

<p>In this #31for31, Chief of Naval Operations Adm. John Richardson met in #London with the First Sea Lord of the United Kingdom, Adm. Sir Philip Jones, Royal Navy and Chief of Naval Staff, Adm. Christophe Prazuck, Marine Nationale, affirming their commitment to increased interoperability.</p>	Video			3/28/17 3:27 PM
<p>TUESDAY TRIVIA: Female Sailors and civilians have a long and distinguished legacy of service in our #USNavy. Do you know the name of the first female to be presented the Navy Cross? CLUE: This Chief Nurse received the Navy Cross for her leadership of the Navy Nurse Corps during World War I. Tell us your answer in the comments below.</p>	Link			3/28/17 9:34 AM
<p>Watch Chief of Naval Operations Adm. John Richardson's all-hands call live from Rota Spain.</p>	SharedVideo			3/28/17 5:03 AM
<p>We've heard the feedback from the Fleet that online training is ineffective and impersonal. Now, we want to tell you what we've done about it.</p>	Link			3/27/17 3:19 PM
<p>Vice Chief of Naval Operations Adm. Bill Moran discusses the need for a bigger and more capable #USNavy, the idea of wholeness, and the importance of people. in the latest Soundings podcast. Listen here!</p>	Link			3/27/17 11:36 AM

<p>This week on the Rundown: Chief of Naval Operations Adm. John Richardson addresses stopping toxic behavior, 5 things you need to know about conducting yourself online, and more.</p>	<p>Video</p>			<p>3/27/17 7:22 AM</p>
<p>Navy Weeks allow us to bring our #USNavy home. In Austin, it was also an opportunity to remember more than 3,400 Texans who gave their lives so others might be free.</p>	<p>Link</p>			<p>3/26/17 3:29 PM</p>
<p>Our female Sailors and civilians – like Allison Stiller – have a long and distinguished legacy of service in our #USNavy. On Jan. 20, she began performing the duties of our assistant secretary of the Navy for Research Development & Acquisition.</p>	<p>Video</p>			<p>3/26/17 6:17 AM</p>
<p>Join us in honoring the recipients of our nation's highest medal for valor in combat. On this day in 1863, the first Medals of Honor were presented. Today, learn about our shipmates who earned it for their conspicuous gallantry and intrepidity at the risk of life, above and beyond the call of duty.</p>	<p>Link</p>			<p>3/25/17 6:55 AM</p>

<p>Today, women serve in every rank from seaman to admiral and have the opportunity to serve in any occupation in the #USNavy. In observation of Women's History Month, we want to introduce you to some of our Faces of the Fleet who continue to contribute to a distinguished legacy of service.</p>	Link			3/24/17 3:53 PM
<p>As a maritime nation, we rely on open oceans for prosperity and security. We maintain these open waters while expanding and strengthening our network of partners through exercises like Foal Eagle – a series of joint and combined field training exercises, conducted by the Combined Forces Command and U.S. Forces Korea component commands. Foal Eagle enhances the combat readiness, flexibility, and capabilities of the Republic of Korea and U.S. alliance.</p>	Photo			3/24/17 7:22 AM
<p>If you're not currently receiving the video, please stand-by.</p>	Link			3/24/17 7:09 AM
<p>Welcome home, shipmates! Master Chief Missile Technician Adrian Watkins, assigned to USS Nevada (SSBN 733), hugs his wife after the boat returned to Naval Base Kitsap Tuesday following a routine deterrent patrol.</p>	Photo			3/23/17 3:26 PM

<p>On this Throwback Thursday, we're back to today 1882 when Secretary of the Navy William Hunt created the Office of Naval Intelligence with General Order Number 292. Explore how ONI has constantly transformed and evolved to be what our #USNavy and nation needs.</p>	Link			3/23/17 6:38 AM
<p>When we talk about female Sailors and civilians playing a crucial role in our #USNavy, we're talking about members of our One Navy Team like Raye Montague. Watch as she shares how she revolutionized our ship design process by contributing her talents and adding to a rich history of service.</p>	Video			3/22/17 3:12 PM
<p>Don't be tricked by social engineering like phishing. Always be mindful of the information you're providing to people you don't know, regardless of how sincere or legitimate they may seem. You're in the #NavyCyber battlespace! Get more Naval Operations Security (OPSEC) tips at https://go.usa.gov/xXkCv.</p>	Photo			3/22/17 9:31 AM

<p>Busted, AGAIN! For the second time in five days, USS Laboon (DDG 58) intercepted a small, stateless dhow in the international waters of the Arabian Sea and seized 500 kilograms of Hashish. Maritime security operations at work!</p>	Link			3/22/17 6:34 AM
<p>Take a look at U.S. Navy Blue Angels Boss refueling thanks to the United States Air Force's 79th Air Refueling Squadron. Up next: Brunswick, Georgia, this weekend for the Wings Over Golden Isles Air Show. Get the team's schedule at https://go.usa.gov/xXKAK</p>	Video			3/21/17 3:22 PM
<p>What's the latest about #USNavy personnel initiatives? Hear straight from the top with Chief of Naval Personnel - N1 Vice Adm. Robert Burke in the latest Soundings podcast.</p>	Link			3/21/17 10:09 AM
<p>100-years-ago today: Loretta Perfectus Walsh left her mark on #USNavy history when she became our first female chief petty officer. Travel back in time with us for a historical look at other female Sailors who benefited from our female chiefs' deckplate leadership. BZ shipmates!</p>	Link			3/21/17 6:54 AM

<p>On this date in #USNavy history: In 2003, Operation Iraqi Freedom began after USS Bunker Hill (CG 52) was among the first to launch tomahawk missiles on Iraq, along with other Navy ships in the Red Sea and Arabian Gulf. Today, we're still providing on-call scalable options to address a changing world's challenges.</p>	Video			3/20/17 3:17 PM
<p>This week on the Rundown: A message from Chief of Naval Operations Adm. John Richardson about a problem that we need to solve, a new way to get #USNavy apps, and more. Watch for details.</p>	Video			3/20/17 9:07 AM
<p>Our civilian employees are dedicated professionals and critical members of our #USNavy team. We can't accomplish our mission without them. See how we're mitigating the effects of the federal hiring freeze on our Navy family.</p>	Link			3/20/17 6:28 AM
<p>Our female Sailors – like Vice Adm. Jan Tighe – and civilians have a long and distinguished legacy of service in our #USNavy. Meet our deputy chief of Naval Operations for Information Warfare/director of Naval Intelligence here.</p>	Video			3/19/17 7:30 AM

<p>Start your weekend with a bang – like USS Donald Cook (DDG 75) firing its Mark 45 5-inch gun during a live-fire gunnery exercise during Flag Officer Sea Training 2017 in the Atlantic Ocean, March 13.</p>	Photo			3/18/17 6:43 AM
<p>There’s no room for luck in the #USNavy when we're protecting and defending America! It takes integrity, accountability, initiative and toughness.</p>	Photo			3/17/17 6:44 AM
<p>On this Throwback Thursday, we’re going back to 1945 for an incredible example of initiative and toughness during the Iwo Jima campaign! READ: If you don’t know about Pharmacist's Mate 1st Class Francis Pierce’s actions that earned him the Medal of Honor. SHARE: If you do know his story.</p>	Link			3/16/17 5:10 PM
<p>Watch as Chief of Naval Operations Adm. John Richardson shares why we’re starting the conversation earlier with industry to discuss our #USNavy’s requirements.</p>	Video			3/16/17 7:13 AM
<p>Join us in wishing U.S. 7th Fleet happy birthday! It was established March 15, 1943. Today, it is the largest forward-deployed U.S. fleet, and maintains a forward presence in the Indo--Asia-Pacific providing security and stability to that region.</p>	Photo			3/15/17 4:02 PM

<p>Read this blog and share to spread the message from Chief of Naval Operations Adm. John Richardson that we have a problem and we need to solve it. The discovery of online sites that degrade the female members of our team has shined a light on the fact that this problem persists. There is no room in our Navy for toxic behavior.</p>	Link			3/15/17 6:38 AM
<p>TUESDAY TRIVIA: Female Sailors and civilians have a long and distinguished legacy of service in our #USNavy. Edith Voorhees Hasson is part of that legacy. Tell us why in the comments below. CLUE: https://go.usa.gov/xXrFR</p>	Link			3/14/17 6:06 PM
<p>Questions about the household goods process for a PCS move? There are now more live, interactive webinars to help you! Get the schedule here.</p>	Link			3/14/17 2:51 PM
<p>Competition, winning, failing and most importantly, treating each other with dignity and respect. It's all in Chief of Naval Operations Adm. John Richardson's latest podcast. Listen to Soundings here!</p>	Link			3/14/17 7:27 AM

<p>U.S. Navy Blue Angels history in flight! On Friday, the team took to the skies with one of its jets and its first two performing aircraft, the F6F Hellcat and the F8F Bearcat, before its first airshow in El Centro, California, on Saturday. Up next: The NAWS China Lake Air Show this weekend.</p>	<p>Video</p>			<p>3/13/17 6:21 PM</p>
<p>SHARE TO THANK all of our Sailors who have served aboard USS Carl Vinson (CVN 70) since it was commissioned 35-years-ago today. Right now, it's on a western Pacific deployment under Commander, U.S. Third Fleet's command and control, offering additional options to the U.S. Pacific Fleet commander by leveraging the capabilities of 3rd Fleet and U.S. 7th Fleet.</p>	<p>Photo</p>			<p>3/13/17 3:09 PM</p>
<p>Our female Sailors – like Capt. Amy Bauernschmidt – and civilians have a long and distinguished legacy of service in our #USNavy. Meet USS Abraham Lincoln (CVN 72)'s executive officer here.</p>	<p>Video</p>			<p>3/13/17 10:14 AM</p>

<p>This week on the 100th episode of the Rundown: Chief of Naval Operations Adm. John Richardson announces an essay contest, rating experts are needed to help shape advancement exams, a chance to give back through the Navy-Marine Corps Relief Society and more.</p>	<p>Video</p>			<p>3/13/17 6:46 AM</p>
<p>In case you missed it, watch as USS Detroit - Iron Warriors conduct a successful missile test firing.</p>	<p>Video</p>			<p>3/11/17 3:12 PM</p>
<p>Chief's anchors mark a symbol of expertise, trust, partnership and above all...leadership. The #USNavy is looking for a few chiefs interested in shaping the future of their ratings.</p>	<p>Link</p>			<p>3/11/17 9:07 AM</p>
<p>#USNavy's USS Detroit (LCS 7) + Surface to Surface Missile Module = Distributed Lethality</p>	<p>Link</p>			<p>3/10/17 3:12 PM</p>
<p>The largest annual multilateral humanitarian assistance and disaster relief preparedness mission in the Indo-Asia-Pacific region is underway. Go inside for a closer look at their mission's first stop.</p>	<p>Link</p>			<p>3/10/17 9:12 AM</p>

<p>As our #USNavy sharpens our competitive edge, we need to be scrapping for every advantage we can get. Toxic behaviors make us weaker; they cede our advantage, our people, to the enemy. These behaviors have no place in our Navy. Our ability to succeed is directly tied to our ability to fight as one team – a team that treats one another honorably.</p>	<p>Link</p>			<p>3/9/17 3:58 PM</p>
<p>Go inside the humanitarian mission Continuing Promise 2017 as it strengthens our partnerships and improves cooperation in Central and South America.</p>	<p>Link</p>			<p>3/9/17 9:09 AM</p>
<p>USS George H.W. Bush (CVN 77) performs a passing exercise with USS Philippine Sea (CG 58) and the Hellenic Navy's Elli-class frigate HN Kountouriotis (F-462), March 5. The George H.W. Bush Carrier Strike Group is conducting naval operations in the U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet area of operations in support of U.S. national security interests.</p>	<p>Photo</p>			<p>3/8/17 3:38 PM</p>
<p>On this International Women’s Day and every day, our female Sailors and #USNavy civilians continue their rich history of service by contributing their talents and capabilities to our force.</p>	<p>Photo</p>			<p>3/8/17 6:54 AM</p>

<p>A view perfect for a postcard to home from USS MAKIN ISLAND (LHD 8) in the Arabian Sea, March 3! The amphibious assault ship is supporting maritime security operations designed to reassure allies and partners, and preserve the freedom of navigation and the free flow of commerce in the region.</p>	Photo			3/7/17 4:26 PM
<p>Tuesday Trivia: What was the first #USNavy combatant ship to have women assigned to it? Clue: The orders were issued 23-years-ago today. Answer: https://go.usa.gov/xXxSx</p>	Link			3/7/17 6:39 AM
<p>Good news! The U.S. Navy Blue Angels have added another performance to their schedule. See if it is coming to your city!</p>	Link			3/6/17 3:16 PM
<p>On this Rundown: EAOS extensions for first-term Sailors, Chief of Naval Operations Adm. John Richardson's Professional Reading Program, and more</p>	Video			3/6/17 9:18 AM
<p>As this week gets underway, take a look back at February and how our Sailors are providing on-call scalable options to address a changing world's challenges.</p>	Video			3/6/17 6:46 AM
<p>Happy 75th anniversary #USNavy Seabees! To celebrate, test your knowledge about how their "Can Do" attitude builds more than just construction projects.</p>	Link			3/5/17 7:57 AM

<p>Get ready for our #USNavy Seabees' 75th anniversary on Sunday by watching this All Hands Magazine story. Then, share so your friends can dig into their "Can Do" history too!</p>	Video			3/4/17 3:04 PM
<p>For the first time in 25 years, the United States faces a return to great power competition. "It is about winning. Do not mistake that for a second. We are not out there to be the second most powerful navy in the world." - Chief of Naval Operations Adm. John Richardson</p>	Link			3/4/17 11:38 AM
<p>This Women's History Month, we're sharing stories of #USNavy female Sailors and civilians like Naval Sea Systems Command's Sharon Smoot - part of a long and distinguished legacy of service to our Navy.</p>	Video			3/4/17 6:57 AM
<p>Thank you to our Reservists for answering our nation's call in our Navy Reserve for 102 years during war and peace!</p>	Photo			3/3/17 2:28 PM
<p>Go behind the scenes of President Donald J. Trump's visit to our future USS Gerald R. Ford - CVN 78.</p>	Link			3/3/17 7:07 AM
<p>Earlier today, President Donald J. Trump addressed #USNavy Sailors aboard our future USS Gerald R. Ford - CVN 78 - his visit to an aircraft carrier.</p>	Link			3/2/17 6:52 PM

<p>44 years ago today, the first four female #USNavy pilots began training: Lt. j.g. Barbara Allen, Ens. Jane Skiles, Lt. j.g. Judith Neuffer and Ens. Kathleen McNary. Today, women hold nearly every job from naval aviator to deep-sea diver, and have the opportunity to serve in any occupation.</p>	Photo			3/2/17 3:20 PM
<p>LIVE 2:30 P.M. ET: Watch as President Donald J. Trump delivers remarks aboard our future USS Gerald R. Ford - CVN 78.</p>	Link			3/2/17 11:10 AM
<p>Our #USNavy Sailors provide on-call, scalable options in today's rapidly changing world. USS Bataan (LHD 5)'s Blue-Green Team is out there along with its amphibious ready group to provide those options after deploying yesterday from Naval Station Norfolk.</p>	Photo			3/2/17 9:16 AM
<p>BZ shipmates! "This incident is an example of the types of situations our Sailors train for, day-in and day-out." - Cmdr. Edward Weiler Helicopter Sea Combat Squadron Two-Five (HSC-25) commanding officer</p>	Link			3/2/17 6:36 AM
<p>Join us in thanking USS Albuquerque (SSN 706) and the boat's crews for 33 years of service to our #USNavy SHARE to spread the word that our Silent Service continues to run silent and deep!</p>	Link			3/1/17 6:20 PM

<p>Our first #NavyWeek of the year is over, but we're just getting started! Take a look back at Navy Week Mobile here and see if a Navy Week is coming to your community.</p>	Link			3/1/17 3:06 PM
<p>Join us this #WomensHistoryMonth in honoring our female Sailors and civilians for their rich history of service and continuous contributions of their talents and capabilities to our #OneNavyTeam.</p>	Link			3/1/17 6:34 AM
<p>Before we jump into our next Navy Week in Austin, Texas, you've got to see how the U.S. Navy Parachute Team "The Leap Frogs" helped to kick off #NavyWeek Mobile on Thursday. This video is worth watching until the end!</p>	Video			2/28/17 3:17 PM
<p>We're a deployed force that serves around the world to provide on-call, scalable options. Take a look at some places where our #USNavy Sailors are serving to provide those options.</p>	Link			2/28/17 9:34 AM
<p>If you don't know Seaman Joseph Noil's story of toughness, you should! All Hands Magazine shares how the Medal of Honor recipient slowly faded from history, and how the #USNavy righted that wrong.</p>	Link			2/28/17 6:34 AM

<p>Come aboard USS George H.W. Bush (CVN 77) during its operations in the eastern Mediterranean Sea, which demonstrate our ability to conduct precision strikes on ISIS targets from multiple theaters. These strikes highlight the flexibility of the #USNavy's globally-deployed force.</p>	<p>Link</p>			<p>2/27/17 3:23 PM</p>
<p>For the first time in 25 years, the United States is facing a return to great power competition. Listen as Chief of Naval Operations Adm. John Richardson explains what it means for the #USNavy.</p>	<p>Video</p>			<p>2/27/17 9:22 AM</p>
<p>On this Rundown: We're asking Sailors to consider duty as recruit division commanders, how Sailors can get "SMART" with their goals, and more. Watch for details here.</p>	<p>Video</p>			<p>2/27/17 6:35 AM</p>
<p>These #USNavy Sailors aren't walking down the #Oscars red carpet, but this walk down to check for debris aboard USS Carl Vinson (CVN 70) makes sure the aircraft carrier's flight deck is safe for flight operations during its deployment in the western Pacific.</p>	<p>Photo</p>			<p>2/26/17 4:47 PM</p>
<p>It may be the weekend, but our #USNavy Sailors are working around the world, around the clock, operating forward to protect and defend America!</p>	<p>Photo</p>			<p>2/26/17 9:59 AM</p>

<p>Listen as Master Chief Petty Officer of the Navy Steven Giordano discusses his recent travels in the fleet, leadership and the #USNavy's core attributes, and more.</p>	Link			2/26/17 6:38 AM
<p>On this day in 1933: Our first true aircraft carrier, USS Ranger (CV 4), was launched. If you knew that, hit LIKE. If you didn't know that, hit SHARE to tell your friends. 84 years later, the #USNavy continues to adapt in both quantity and quality to protect and defend America!</p>	Link			2/25/17 4:58 PM
<p>Join us in wishing a happy birthday to the #USNavy Supply Corps, which celebrated 222 years of excellence on Thursday! Thank you for maintaining our Sailors' warfighter readiness and improving the quality of life for our Sailors and their families.</p>	Photo			2/25/17 11:41 AM
<p>Our diverse workforce brings together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets. That allows us to operate successfully around the world. Meet a #USNavy Sailor and NASA - National Aeronautics and Space Administration astronaut who has reached for the stars and succeeded.</p>	Video			2/25/17 7:34 AM

<p>#NavyWeek Mobile is here, and so is USS Mitscher (DDG 57)! Hit "LIKE" if you've been to a Navy Week. Hit "WOW" if you'd like to attend one - an opportunity to learn about the #USNavy, our people and our importance to national security and prosperity.</p>	Link			2/24/17 3:46 PM
<p>We're looking for the best of our best to turn civilians into #USNavy Sailors.</p>	Link			2/24/17 6:38 AM
<p>On this Throwback Thursday, we're going back to this day in 1919, the first #USNavy ship named for an enlisted man, USS Osmond Ingram (DD 255), is launched.</p>	Photo			2/23/17 3:12 PM
<p>We're a maritime nation and we rely on open oceans for prosperity and security. USS Barry - DDG 52 transits the Philippine Sea, Feb. 10. The Arleigh Burke-class guided-missile destroyer is on patrol in support of security and stability in the Indo-Asia-Pacific region.</p>	Photo			2/22/17 4:32 PM
<p>Did you know Chicago O'Hare International Airport's name honors a World War II naval aviator? Naval History & Heritage Command shares how the Medal of Honor recipient's toughness continues to be honored.</p>	Link			2/22/17 9:24 AM

<p>DDG-121's keel laying and authentication mark the ceremonial beginning of the #USNavy's future USS Frank E. Petersen, Jr., honoring a U.S. Marine Corps trailblazer.</p>	Link			2/22/17 6:33 AM
<p>Who am I and what did I do? CLUE: During the attack on Pearl Harbor, I literally took matters into my own hands to protect my ship and my shipmates. ANSWER: http://go.usa.gov/x9JKQ A diverse workforce positions the #USNavy to operate successfully around the globe by bringing together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets.</p>	Link			2/21/17 3:12 PM
<p>Whether our #USNavy Sailors serve topside or below deck, we're training – like these USS George H.W. Bush (CVN 77) Sailors during a medical drill – to be ready to provide on-call scalable options.</p>	Photo			2/21/17 10:53 AM
<p>On this Weekly Wire Rundown, we're testing a new personnel web portal, command senior chief and master chief selection board results are out, and more. Watch for details here.</p>	Video			2/21/17 6:21 AM

<p>We're committed to giving our #USNavy Sailors a modern personnel system that they deserve. The first step in providing them a consolidated one-stop shop for their personnel information in here, and we want their feedback.</p>	Link			2/20/17 3:35 PM
<p>On this Presidents Day, take a look with Naval History & Heritage Command at some of our #USNavy ships that honor U.S. presidents.</p>	Link			2/20/17 6:46 AM
<p>In case you missed it, experience hyper-realistic trauma training for our independent duty corpsmen. All Hands Magazine takes you inside this tough course that saves lives in the fleet.</p>	Video			2/19/17 3:22 PM
<p>Why do our #USNavy carrier air wings need the capabilities provided by our 4th and 5th generation aircraft? Get the answer from our air boss.</p>	Link			2/19/17 9:11 AM
<p>BZ to our galleys and culinary specialists who have been recognized for their outstanding food service! Check out the winners and then tell us who has the best galley in the #USNavy.</p>	Link			2/19/17 6:44 AM

<p>It takes #OneNavyTeam to provide on-call scalable options to address a changing world's challenges. Meet USS Dwight D. Eisenhower (CVN 69) Sailors who provided those options during their deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet.</p>	<p>Link</p>			<p>2/18/17 3:36 PM</p>
<p>What does #USNavy toughness mean to you? Chief of Naval Operations Adm. John Richardson explains how toughness - one of our four core attributes - helps to guide our decisions and actions.</p>	<p>Link</p>			<p>2/18/17 10:31 AM</p>
<p>African American Sailors and civilians, like Naval Sea Systems Command's Sharon Smoot, are integral parts of our #OneNavyTeam. Listen as she shares how our #USNavy is strengthened by the diversity of our force.</p>	<p>Video</p>			<p>2/18/17 6:43 AM</p>
<p>Talk about #USNavy toughness! On this day in 1945, Lt. j.g. Rufus Herring's actions during the pre-invasion attack on Iwo Jima earned him the Medal of Honor. Learn about his actions that day in this Nov. 1945 issue of All Hands Magazine at http://go.usa.gov/x9u7H.</p>	<p>Photo</p>			<p>2/17/17 4:23 PM</p>

<p>Building a bridge with an ally, and building and strengthening partnerships to make us a stronger fighting force. #USNavy Seabees with Naval Mobile Construction Battalion 5 and Marines work with Republic of Korea marines to erect an Improved Ribbon Bridge in open waters in Chinhae, South Korea, Jan. 28.</p>	Photo			2/17/17 8:40 AM
<p>Don't miss a second of this tough, hyper-realistic trauma training for our #USNavy independent duty corpsmen. Watch as All Hands Magazine takes you inside this course that saves lives in the fleet.</p>	Video			2/16/17 3:06 PM
<p>"The MQ-4C Triton's advanced intelligence, surveillance, and reconnaissance capabilities bring enhanced battlespace awareness for the fleet to achieve full spectrum superiority." – Adm. Phil Davidson Commander, U.S. Fleet Forces Command</p>	Link			2/16/17 9:09 AM
<p>"PowerPoints are boring; people fall asleep and they are kind of pointless. Getting involved [in the role-playing] allows people to examine how they would actually respond in a real-life scenario." – A quartermaster aboard USS Shiloh (CG 67)</p>	Link			2/16/17 6:24 AM

<p>In order to provide on-call scalable options in a changing world, our #USNavy Sailors need the right capabilities, including the right ammunition. Watch as USS America (LHA 6)'s weapons department completes a four-day ammunition on load – the final requirement for the ship to deploy this summer.</p>	<p>Video</p>			<p>2/15/17 3:14 PM</p>
<p>What does #USNavy toughness mean? Chief of Naval Operations Adm. John Richardson explains in his latest podcast. Listen here.</p>	<p>Link</p>			<p>2/15/17 9:58 AM</p>
<p>Watch to come aboard USS George H.W. Bush (CVN 77)'s flight deck as its carrier strike group joined the Operation Inherent Resolve fight yesterday. The strikes from the eastern Mediterranean Sea demonstrate our ability to conduct precision strikes on ISIS targets from multiple theaters as part of our globally deployed force.</p>	<p>Video</p>			<p>2/14/17 3:23 PM</p>

<p>Who am I? In 1968, I became the first amputee to serve as a #USNavy diver following an accident in 1966 while participating in the recovery of atomic bombs after the crash of two United States Air Force planes. Later, I became our first African-American master diver in 1970. ANSWER: http://go.usa.gov/x9tnH A diverse workforce positions the Navy to operate successfully around the globe by bringing together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets.</p>	Link			2/14/17 10:09 AM
<p>Happy Valentine's Day from the #USNavy! We love serving to protect and defend our Nation and those who we love. Share with someone that you love!</p>	Video			2/14/17 6:43 AM
<p>Today, the USS George H.W. Bush (CVN 77) Carrier Strike Group joined the Operation Inherent Resolve fight. Its strikes from the eastern Mediterranean Sea demonstrate the #USNavy's capability to conduct precision strikes on ISIL targets from multiple theaters, highlighting the flexibility of our globally deployed force.</p>	Link			2/13/17 3:43 PM

<p>Our future USS Tulsa (LCS 16) is another step closer to joining the #USNavy's fleet after its christening this weekend. "Ships like Tulsa will operate where much of our Navy simply cannot, in the shallows and in the littorals, with speed, agility and lethality." - Vice Chief of Naval Operations Adm. Bill Moran</p>	Link			2/13/17 10:39 AM
<p>On this Rundown, the SAIL program is available fleet wide to provide rapid assistance and on-going risk assessment and support for our Sailors who have exhibited suicide-related behavior, the #USNavy wants more enlisted women aboard subs, and Navy COOL will be visiting a city near you. Watch for details now.</p>	Video			2/13/17 7:29 AM
<p>Train like you fight. Fight like you train. Watch as #USNavy USS Donald Cook (DDG 75) fires its MK45 5 inch gun during a live-fire gunnery exercise in U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet's area of operations.</p>	Video			2/12/17 3:46 PM
<p>Sailors should expect a compressed timeline for planning and scheduling military moves through the end of the Continuing Resolution for fiscal year 2017. This is what you should know.</p>	Link			2/12/17 9:14 AM

<p>Listen as Vice Chief of Naval Operations Adm. Bill Moran discusses the need for a larger, well-equipped #USNavy with a focus on Sailors.</p>	<p>Link</p>			<p>2/12/17 6:33 AM</p>
<p>No playtime here. #USNavy Master-at-Arms 2nd Class Jordyn Japiec, a military working dog handler, and Puskos, a Jagdterrier military working dog drug detector, begin the certification process to include obedience training and narcotic detector training onboard Naval Station Norfolk, Feb. 1.</p>	<p>Photo</p>			<p>2/11/17 3:11 PM</p>
<p>The Sailor of the Year program recognizes an individual Sailor who best represented the ever-growing group of dedicated professional Sailors at each command and ultimately the #USNavy. What advice do you have for our Sailors as they prepare?</p>	<p>Photo</p>			<p>2/11/17 9:33 AM</p>
<p>To achieve optimal mission readiness, we provide every #USNavy Sailor and civilian with equal access to the tools and resources they need to succeed. Turn on your sound and listen as Rear Adm. John Fuller shares why his entire goal is to let his work and the content of his character speak for itself.</p>	<p>Video</p>			<p>2/11/17 6:50 AM</p>

<p>Whether above, on or beneath the water, our #USNavy Sailors are serving around the world to provide on-call, scalable options to address challenges in a complex and quickly changing world.</p>	Photo			2/10/17 3:11 PM
<p>Join us in welcoming our newest #USNavy Sailors to the fleet. Watch their boot camp graduation live at 9:45 a.m. ET today.</p>	Video			2/10/17 6:45 AM
<p>An F/A-18E Super Hornet lands on USS Carl Vinson (CVN 70) in the Pacific Ocean, Feb. 4. The #USNavy aircraft carrier and its strike group are on a regularly scheduled Western Pacific deployment as part of the U.S. Pacific Fleet-led initiative to extend the command and control functions of Commander, U.S. Third Fleet.</p>	Photo			2/9/17 3:50 PM
<p>"... on-going demand for naval forces exceeds our long-term supply. And that need continues to grow with no end in sight. Supply is best summed up in one fact: Your Navy today is the smallest we've had in 99 years." - Vice Chief of Naval Operations Adm. Bill Moran told lawmakers this week.</p>	Link			2/9/17 10:03 AM
<p>Our future expeditionary fast transport USNS Yuma (T-EPF 8) is another step closer to joining the #USNavy fleet after successfully completing acceptance trials. Get to know its capabilities here.</p>	Link			2/9/17 6:39 AM

<p>Fair winds and following seas, Sir. We have the watch.</p>	<p>Link</p>			<p>2/8/17 6:27 PM</p>
<p>Our #USNavy Sailors serve around the world. Training like this cold-water endurance ruck march by Explosive Ordnance Disposal Mobile Unit 8 and the Norwegian Army Explosive Ordnance Disposal teams in the austere environment of northern Norway helps prepare our Sailors to conduct decisive combat operations to defeat any enemy.</p>	<p>Photo</p>			<p>2/8/17 3:11 PM</p>
<p>Naval Personnel Command has announced a plan to consolidate several #USNavy Personnel Support Detachment and Customer Support Detachment locations. Find out how the customer service pay and personnel model will better serve our fleet.</p>	<p>Link</p>			<p>2/8/17 8:06 AM</p>
<p>Whether on duty, in uniform or at home, our online behavior must reflect the highest standards of character and conduct. Don't let Jeff down because anything that is unacceptable to say or do in person is also unacceptable online. Honor, Courage, Commitment – online, all the time. #NavyCyber</p>	<p>Photo</p>			<p>2/7/17 3:16 PM</p>

<p>Suicide prevention is not about the numbers; every life lost to suicide is one too many. Find out how the now fleet-wide SAIL program will provide rapid assistance, on-going risk assessment and support for our #USNavy Sailors who have exhibited suicide-related behavior.</p>	<p>Link</p>			<p>2/7/17 9:03 AM</p>
<p>On this Trivia Tuesday: 73 years ago this month, we commissioned our first African-American officers. Q: What did the 12 #USNavy commissioned officers seen here and a warrant officer who received his rank at the same time become known as? A: http://go.usa.gov/x9FQr Today, integrating service members and civilians from diverse backgrounds into our force continues to allow the #USNavy to recruit and retain the nation's top talent from a wider pool of skilled personnel.</p>	<p>Photo</p>			<p>2/7/17 6:33 AM</p>
<p>Watch in slow motion as USS John Paul Jones (DDG 53) participated in a successful flight test Friday – the first intercept of a ballistic missile target using the Standard Missile-3 (SM-3) The SM-3 Block IIA is being developed cooperatively by the United States and Japan to defeat medium- and intermediate-range ballistic missiles.</p>	<p>Video</p>			<p>2/6/17 3:18 PM</p>

<p>On this Rundown: Help for eligible Sailors to decide whether the new Blended Retirement System is right for them, we're expanding on existing efforts to prevent destructive behaviors across the fleet, and more. Watch for details now.</p>	Video			2/6/17 7:46 AM
<p>The arrival of #USNavy E-2D Advanced Hawkeyes in Japan has brought enhanced capabilities to the region. Get to know the E-2D Advanced Hawkeye's improvements here.</p>	Link			2/5/17 6:11 PM
<p>Join us in congratulating the 14 top #USNavy recruiters of 2016. These Sailors visited the Pentagon and met with Chief of Naval Operations Adm. John Richardson and other senior Navy leadership last week. BZ shipmates!</p>	Photo			2/5/17 3:13 PM
<p>Multinational training like Exercise Cutlass Express 2017 helps our #USNavy build and improve on international partnerships while improving our warfighting capability to make us a stronger fighting force. Here's how.</p>	Link			2/5/17 9:54 AM
<p>When you think of #USNavy toughness, you should think of Brandon Myers and how becoming a SEAL prepared him for the fight of his life. This is his story...</p>	Link			2/4/17 6:07 PM

<p>African American History Month provides the #USNavy with an opportunity to recognize the contributions of African American Sailors and personnel – both past and present. Turn on your sound and listen as retired Fleet Master Chief April Beldo reflects on her time as a Sailor.</p>	<p>Video</p>			<p>2/4/17 3:13 PM</p>
<p>Listen as Chief of Naval Operations Adm. John Richardson discusses the four core attributes - Integrity, Accountability, Initiative, and Toughness - outlined in "A Design for Maintaining Maritime Superiority", and their role in today's #USNavy and leader development.</p>	<p>Link</p>			<p>2/4/17 9:04 AM</p>
<p>Watch to experience USS Enterprise (CVN 65)'s decommissioning ceremony. Friday marked the first decommissioning of a nuclear-powered aircraft carrier. Thanks "Big E" for your more than half a century of service!</p>	<p>Video</p>			<p>2/4/17 6:37 AM</p>
<p>How well do you know #USNavy USS Enterprise (CVN 65)'s history? Test your knowledge of our first nuclear-powered aircraft carrier with Naval History & Heritage Command here, and check back for video of today's decommissioning ceremony.</p>	<p>Link</p>			<p>2/3/17 6:30 PM</p>

<p>Today we said fair winds and following seas to CVN-65 during its decommissioning ceremony. Take a look back at the making of USS Enterprise (CVN 65)'s legacy with Naval History & Heritage Command, and check back later to watch the ceremony.</p>	<p>Link</p>			<p>2/3/17 3:12 PM</p>
<p>As you get ready to start your weekend, watch as our newest Sailors graduate boot camp and get ready to start their #USNavy careers.</p>	<p>Video</p>			<p>2/3/17 6:45 AM</p>
<p>#HonorTheFallen: #USNavy SEAL William "Ryan" Owens, who was killed in action in the Arabian Peninsula of Yemen, has been posthumously advanced to senior chief petty officer.</p>	<p>Link</p>			<p>2/2/17 3:28 PM</p>
<p>The #USNavy must adapt in both quantity and quality addressing more complex rapidly evolving challenges. To help improve management of ship manning and personnel inventory for both the surface and submarine ratings, the Navy has established four new ratings for active duty Sailors. Find out what they are here.</p>	<p>Link</p>			<p>2/2/17 9:04 AM</p>

<p>USS Nimitz (CVN 68) transits Sinclair Inlet after getting underway from Puget Sound Naval Shipyard on Tuesday. Nimitz is conducting the Navy's Board of Inspection and Survey (INSURV), which is a periodic inspection to ensure the ship meets Navy standards to be ready to face a complex and quickly changing world.</p>	<p>Photo</p>			<p>2/1/17 3:37 PM</p>
<p>The decision to stay in the U.S. Department of Defense (DoD)'s current retirement system or opt-in to the Blended Retirement System is an important and irrevocable decision that eligible #USNavy Sailors must make based on their own individual circumstances. And help is available for Sailors to make that decision.</p>	<p>Link</p>			<p>2/1/17 9:12 AM</p>
<p>A diverse workforce allows the #USNavy to operate successfully around the globe by bringing together Sailors and civilians with different ideas, experiences, perspectives, capabilities and skill sets. This month, we join our nation in recognizing the contributions of African American Sailors and personnel both past and present.</p>	<p>Link</p>			<p>2/1/17 6:39 AM</p>

<p>Tuesday Trivia: The nuclear powered aircraft carrier has been, and will remain, the centerpiece of naval power projection at and from the sea. Tell us what year the #USNavy's first nuclear powered aircraft carrier USS Enterprise (CVN 65) was commissioned. Naval History & Heritage Command shares the answer and the legacy of ships named Enterprise.</p>	Link			1/31/17 3:12 PM
<p>Our nation faces a complex and quickly changing world, including at sea. That's why training like this visit, board, search, and seizure drill aboard USS WAYNE E. MEYER (DDG 108) is critical so our #USNavy Sailors are ready to provide on-call, scalable options to address these challenges.</p>	Photo			1/31/17 9:42 AM
<p>New Full Speed Ahead training continues the positive work we've done combating destructive behaviors while reinforcing #USNavy core attributes. Find out what's new and what's difference compared to Chart the Course and Bystander Intervention training that was conducted the past two years.</p>	Link			1/31/17 7:02 AM

<p>Honor the Fallen. Chief Special Warfare Operator William "Ryan" Owens was killed in action in Yemen Jan. 28. Chief Owens was assigned to an East Coast-based Special Warfare unit. We have the watch, Shipmate.</p>	Link			1/30/17 3:19 PM
<p>This week on the Rundown: Chief of Naval Operations Adm. John Richardson looks to help develop leaders, a new resource for financial literacy, one Sailor's experience in the career intermission program, and more. Watch for more details.</p>	Video			1/30/17 9:04 AM
<p>In order for our Seabees to build and to fight, they've got to be ready! Sailors assigned to NMCB FOUR got the chance to experience a different side of the #USNavy aboard USS SAN DIEGO (LPD 22)</p>	Link			1/30/17 7:15 AM
<p>"He was from a generation of people who were amazingly tough." That's how Ken Hartle's daughter, Karen Dahl, described her father who was the #USNavy's oldest surviving Pearl Harbor salvage diver. On Tuesday, he died at the age of 103. We have the watch shipmate.</p>	Link			1/29/17 11:12 AM

<p>If you could serve on any #USNavy surface ship, which one would it be? 244 midshipmen at the United States Naval Academy got that opportunity during #ShipSelection Night on Thursday.</p>	Link			1/28/17 9:13 AM
<p>Advancing directed energy supports the #USNavy's effort to strengthen naval power at and from the sea. Watch to come along as Chief of Naval Operations Adm. John Richardson reviewed directed energy systems and weapons being developed and tested U.S. Army White Sands Missile Range.</p>	Video			1/27/17 3:37 PM
<p>If you're experiencing any technical difficulties, you can switch over to our Facebook page at Facebook.com/USNavy.</p>	Link			1/27/17 8:32 AM
<p>Before you get your weekend underway, watch as our newest Sailors get their #USNavy careers underway during their boot camp graduation today at 9:45 a.m. ET.</p>	Video			1/27/17 6:45 AM
<p>A NAVADMIN released today updates several previously announced uniform policy changes. Get the details here.</p>	Link			1/26/17 3:52 PM
<p>On this Throwback Thursday, we're going back to this day in 1913, the body of #USNavy legend John Paul Jones is laid in its final resting place at the United States Naval Academy.</p>	Photo			1/26/17 9:53 AM

<p>Today on #NationalSpousesDay, we honor our #USNavy spouses that embody ideals we cherish: strength, loyalty, and commitment. They stand beside those who stand behind our flag, giving their all and making tremendous sacrifices.</p>	Photo			1/26/17 6:58 AM
<p>Just like the weapons systems we use, our personnel system needs updates to keep pace with a rapidly changing world. Find out how our #Sailor2025 program is working to more effectively recruit, train and manage the force of tomorrow while improving #USNavy warfighting readiness.</p>	Link			1/25/17 6:42 PM
<p>In case you missed it: Chief of Naval Operations Adm. John Richardson released the Navy Leader Development Framework that outlines how the #USNavy will develop leaders to demonstrate both operational excellence and strong character.</p>	Video			1/25/17 3:12 PM
<p>A new application for mobile devices designed to enhance financial literacy for #USNavy Sailors is available to help provide the latest info on the Blended Retirement System that goes into effect in 2018.</p>	Link			1/25/17 9:15 AM

Chief of Naval Operations Adm. John Richardson released the Navy Leader Development Framework today. This document outlines how the #USNavy will develop leaders to demonstrate both operational excellence and strong character. Check out this #31for31 for more information.	Video			1/25/17 6:30 AM
A team of #USNavy scientists and engineers at Naval Surface Warfare Center, Panama City Division (NSWC PCD) have successfully recreated a natural material used for marine wildlife defense to assist military personnel.	Link			1/24/17 3:24 PM
For those Sailors looking for an opportunity to take a sabbatical from the #USNavy, the Career Intermission Program might be for you.	Link			1/24/17 9:39 AM
Caption this! If you want to know what's really happening, visit http://bitly.com/2jNs9d9	Photo			1/24/17 7:02 AM
BZ to the Sailors aboard USS MAKIN ISLAND (LHD 8) for proving why the #USNavy is 100 percent on watch around the globe.	Link			1/23/17 3:49 PM
Navy Cargo Handling Battalion ONE (NCHB-1) Sailors returned to McMurdo Station, Antarctica, in support of the National Science Foundation (NSF) annual resupply mission in support of Operation Deep Freeze.	Link			1/23/17 9:39 AM

<p>This week on the Rundown: we say farewell to a fleet master chief, the Naval War College has more ways #USNavy Sailors can earn a college degree, and the latest from the Every Sailor Every Day campaign. Watch for more details</p>	Video			1/23/17 6:33 AM
<p>In case you missed it: Secretary of Defense James Mattis became our 26th #SecDef on Friday. The next day, he got right to work, meeting with our deputy SecDef, chairman of the Joint Chiefs of Staff, and vice chairman of the Joint Chiefs of Staff at the Pentagon.</p>	Link			1/22/17 6:54 AM
<p>Fair winds and following seas to our shipmates aboard USS George H.W. Bush (CVN 77) which got underway today for its regularly-scheduled deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet. Do you have any words of encouragement for your #USNavy Sailors?</p>	Photo			1/21/17 5:26 PM
<p>Did you recognize a familiar #USNavy voice during Friday's inauguration? BZ to United States Navy Band's Chief Musician Courtney Williams who served as public address announcer!</p>	Photo			1/21/17 10:19 AM

<p>Follow along as the #USNavy USS George H.W. Bush (CVN 77), seen here in a file photo, and the carrier strike group gets underway today for its regularly-scheduled deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet.</p> <p>📰 Story: http://bitly.com/2jD6dUm  Video: http://bitly.com/2j71idv</p>	Link			1/21/17 5:31 AM
<p>MATTIS SENDS: "... I am confident you will do your part. I pledge to you I'll do my best as your Secretary." Read the rest of #SecDef James Mattis' message to the U.S. Department of Defense (DoD) here.</p>	Link			1/20/17 6:54 PM
<p>It's official! Meet your U.S. Department of Defense (DoD) #SecDef, Gen. (Ret.) James Mattis who was sworn in just moments ago by Vice President Mike Pence. Welcome back aboard, Sir!</p>	Photo			1/20/17 4:57 PM
<p>More than 5,000 #USNavy Sailors, Marines and Coast Guardsmen will participate in the 29th Fleet Week New York, May 24-30. Will YOU be there? Tell us YOUR favorite Fleet Week moments from years past!</p>	Link			1/20/17 3:17 PM
<p>The Honorable Sean J. Stackley assumed the responsibilities of acting Secretary of the Navy Jan. 20 at noon.</p>	Link			1/20/17 9:53 AM

<p>6,000 Sailors attached to the USS George H.W. Bush (CVN 77) Carrier Strike Group will depart Norfolk and Mayport, Fla., for a regularly-scheduled deployment.</p>	<p>Link</p>			<p>1/19/17 6:10 PM</p>
<p>The Improved Flame Resistant Variant coverall is now an approved fleet organizational clothing item. Details on what that means for Sailors and when they'll start to see them here.</p>	<p>Link</p>			<p>1/19/17 3:11 PM</p>
<p>Fair winds and following seas, shipmate! Fleet Master Chief April Beldo, one of the #USNavy's most accomplished master chiefs, retires after 34 years of faithful service.</p>	<p>Link</p>			<p>1/19/17 9:12 AM</p>
<p>Secretary of the Navy Ray Mabus is the 75th U.S. Secretary of the Navy, the longest to serve as leader of the #USNavy and U.S. Marine Corps since World War I. Read SECNAV Mabus' remarks from his farewell tribute ceremony.</p>	<p>Link</p>			<p>1/18/17 3:12 PM</p>
<p>No matter where you are, find out how the College of Distance Education at Naval War College is providing superlative education to students around the globe, helping develop leaders and encourage excellence the world over.</p>	<p>Link</p>			<p>1/18/17 9:22 AM</p>

<p>This is your fleet and these are your #USNavy Sailors! These fine men and women are leading from the deck plates and completing missions around the globe. #GoNavy http://bitly.com/2jwOVS</p>	Link			1/18/17 6:33 AM
<p>USS Bataan (LHD 5) conducts a live-fire exercise with the ship's RIM 116 Rolling Airframe Missile weapon system in the Atlantic Ocean, Jan. 11, in preparation for its upcoming deployment.</p>	Photo			1/17/17 4:27 PM
<p>First-term #USNavy Sailors on sea duty can now elect to extend their expiration of active obligated service to complete their sea duty assignment. All Hands Magazine explains the five things you need to know.</p>	Link			1/17/17 9:12 AM
<p>This week on the Rundown: A new way to chat with Navy Detailers, Chief of Naval Personnel - N1 visits U.S. Pacific Fleet Sailor, and more. Watch for all of the details.</p>	Video			1/17/17 6:33 AM
<p>Fair winds and following seas, shipmate! Retired #USNavy Captain Eugene Cernan - the last man on the moon and a naval aviator - died today, NASA - National Aeronautics and Space Administration announced today. We have the watch, shipmate.</p>	Link			1/16/17 4:11 PM

<p>Today we celebrate the late Dr. Martin Luther King, Jr.'s legacy. Dr. King devoted his life to service, organizing rallies and events during the American civil rights movement, a movement influential in #USNavy policy changes, leading to the diverse Fleet we have today. What does Dr. King's legacy mean to you?</p>	Photo			1/16/17 9:06 AM
<p>"Today we honor some of our nation's finest heroes, not just for their individual acts of courage and bravery in the face of danger, but for the everyday selflessness that they and their peers demonstrate." - Secretary of the Navy Ray Mabus</p>	Link			1/14/17 9:12 AM
<p>On this day in 1967, the #USNavy established The office of the Senior Enlisted Advisor to the Chief of Naval Personnel. Master Chief Gunner's Mate Delbert D. Black was appointed to the position. In March of that same year, the position was renamed to Master Chief Petty Officer of the Navy (MCPON). Learn more about MCPON Black and the office of the MCPON at Naval History & Heritage Command #MCPON50</p>	Link			1/13/17 3:12 PM
<p>"I am here to paint the big picture of Sailor 2025. My main job is to make sure that the fleet is fully manned." - Vice Adm. Robert Burke Chief of Naval Personnel - N1</p>	Link			1/13/17 9:12 AM

<p>Before the Surface Navy Association's National Symposium wrapped up Thursday, we talked to our top SWO about how #USNavy distributed lethality increases our reach and ability to control the sea. Turn on your sound to hear Vice. Adm. Tom Rowden's answers.</p>	Video			1/13/17 5:37 AM
<p>"We've got to keep one eye on today and be ready to fight tonight. When we deploy, we have to ensure those ships are ready for what's on the horizon, but also keep an eye on the future." - Secretary of the Navy Ray Mabus at the Surface Navy Association Symposium on Wednesday.</p>	Link			1/12/17 6:25 AM
<p>WATCH LIVE: What's ahead for the Surface Navy? #USNavy Rear Adm. Ron Boxall is at the Surface Navy Association's 29th annual National Symposium with a look ahead. ♦ The symposium highlights the doctrine of distributed lethality as a valuable warfare strategy that enhances naval power at and from the sea.</p>	Video			1/11/17 9:08 AM

<p>The Surface Navy Association's 29th annual National Symposium highlights the doctrine of distributed lethality as a valuable warfare strategy that enhances #USNavy power at and from the sea. As Wednesday's sessions get underway, catch-up on discussions sessions about "Distributed Lethality: Enabling #SeaControl.</p>	Link			1/11/17 6:43 AM
<p>#USNavy toughness could be defined by United States Naval Academy Midshipman Jonathan Dennler's heroism following a deadly storm on a camping trip. After you read his story, you'll want to give him a BZ in the comments below!</p>	Link			1/10/17 6:11 PM
<p>#SeaControl is critical to ensuring global stability, national security and the safety of international sea lanes. Turn on your sound to learn how #USNavy distributed lethality increases our reach and ability to control the sea.</p>	Video			1/10/17 2:52 PM
<p>LIVE NOW: Our top SWO explains how #USNavy Distributed Lethality returns us to #SeaControl in a complex and quickly changing world.</p>	Link			1/10/17 10:07 AM

<p>On this day in 2009, the #USNavy commissioned the 10th and final nuclear-powered Nimitz-class carrier, USS George H.W. Bush (CVN 77) in front of thousands attending a pierside ceremony at Naval Station Norfolk.</p>	Photo			1/10/17 7:13 AM
<p>A centuries-old tradition dating back to the inauguration of President George Washington continues with the help of the US Navy Ceremonial Guard. Take a look from the 58th Presidential Inauguration - Joint Task Force National Capital Region here.</p>	Video			1/9/17 6:08 PM
<p>As a maritime nation, we rely on open oceans for prosperity and security. Our top SWO explains how #USNavy Distributed Lethality returns us to #SeaControl in a complex and quickly changing world.</p>	Link			1/9/17 3:23 PM
<p>MEDITERRANEAN SEA (Dec. 28, 2016) The guided missile destroyer USS Porter (DDG 78) fires a five-inch gun during a live-fire exercise. Porter, forward-deployed to Rota, Spain, is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe. (U.S. Navy photo by Mass Communication Specialist Seaman Ford Williams/Released)</p>	Photo			1/9/17 9:42 AM

<p>This week on the Rundown: we're highlighting resources to help you with your PCS move, a program that gives you the chance to take a break from #USNavy, and how you can better manage your money in 2017. Watch for more details.</p>	Video			1/9/17 7:03 AM
<p>The United States faces a complex and quickly changing world, which is reflected at sea. Watch for a preview of how distributed lethality will return our #USNavy Surface Warriors to sea control. Stay tuned throughout the week.</p>	Video			1/8/17 4:33 PM
<p>USS Dwight D. Eisenhower (CVN 69) Carrier Strike Group's on time return was more than a good thing for its Sailors and their families. See why its deployment is an example of rotating our #USNavy force and surging it if necessary.</p>	Link			1/8/17 7:21 AM
<p>Sweepers, sweepers, man your brooms – rather your shovels! #USNavy USS George Washington (CVN 73), seen here Saturday in Norfolk, saw wintry weather today as part of the region's first winter storm of 2017. The ship is preparing to move to Newport News, Virginia, for its refueling complex (RCOH) maintenance.</p>	Photo			1/7/17 2:20 PM

<p>Honoring the Fallen. Fulfilling our Nation's Promise. A U.S. flag is presented to the niece of #USNavy Water Tender First Class Walter Henry Sollie on Friday. Her uncle was killed in the Pearl Harbor attack aboard USS Oklahoma (BB 37). Recently, the Defense POW / MIA Accounting Agency identified his remains through a DNA match. Yesterday, his funeral was held in Pensacola. We have the watch shipmate.</p>	Photo			1/7/17 7:17 AM
<p>A #USNavy E-2C Hawkeye prepares to launch from USS Carl Vinson (CVN 70) in the Pacific Ocean, January 5. The Carl Vinson Carrier Strike Group will report to U.S. 3rd Fleet, headquartered in San Diego, while deployed to the Western Pacific as part of the U.S. Pacific Fleet-led initiative to extend the command and control functions of 3rd Fleet into the region.</p>	Photo			1/6/17 2:32 PM
<p>Watch live as the Department of the #USNavy says farewell to our 75th Secretary of the Navy Ray Mabus at Marine Barracks Washington 8th & I.</p>	Video			1/6/17 7:05 AM

<p>"Our forward presence contributes to freedom of navigation and lawful use of the sea, as well as furthers operational training and enabling the exchange of culture, skills, and tactical knowledge." - Rear Adm. James W. Kilby Commander, Carrier Strike Group 1</p>	<p>Link</p>			<p>1/5/17 6:13 PM</p>
<p>On this Throwback Thursday, we're going back to 2016 - a year of integrity, accountability, initiative and toughness in the #USNavy. A lot happened last year. So, watch until the end and tell us your favorite moment in the comments below.</p>	<p>Video</p>			<p>1/5/17 11:13 AM</p>
<p>Airman Apprentice Andrew Mackey performs evening colors aboard #USNavy USS Carl Vinson (CVN 70) yesterday. Today, the carrier strike group begins to deploy on a regularly-scheduled deployment to the Western Pacific where it will conduct bilateral exercises in the Indo-Asia-Pacific region.</p>	<p>Photo</p>			<p>1/5/17 6:17 AM</p>

<p>Practice makes perfect! #USNavy Sailors assigned to Surface Warfare Detachment 2 aboard USS CORONADO (LCS 4) participate in visit, board, search and seizure training Jan. 3 in Changi, Singapore. Coronado is a fast and agile warship tailor-made to patrol Asian Pacific littorals and work hull-to-hull with partner navies, providing U.S. 7th Fleet with the flexible capabilities it needs now and in the future.</p>	Photo			1/4/17 9:28 AM
<p>Do you have questions about military moves for a permanent change of station, retirement or separation? Then, you'll want to participate in one of these upcoming live webinars starting next week.</p>	Link			1/4/17 6:37 AM
<p>Make it your mission to start 2017 with optimism. Positive thinking can help keep stress in check and improve your mood. Use this final #USNavy #FITmasTime tip and others that we shared to continue prioritizing your health in the new year.</p>	Link			1/3/17 10:05 AM
<p>Mark your calendars now: Tax returns are due April 18. All Hands Magazine explains why you may not receive your refund as early as in previous years.</p>	Link			1/3/17 6:49 AM

<p>Watch for all the Monday Motivation you'll need in 2017: A mother being reunited with her USS Nitze DDG 94 Sailor on Friday after the ship's 7-month deployment.</p>	Video			1/2/17 3:14 PM
<p>Financial challenges can be a significant source of anxiety. Give yourself a solid financial foundation in 2017 by setting up an emergency fund, making saving a habit and thoughtfully thinking through purchases. Get more #FITmasTime tips at http://bitly.com/2iWSUtW.</p>	Photo			1/2/17 7:57 AM
<p>To our entire #OneNavyTeam, thanks for everything you did last year. Our work continues in 2017 to strengthen naval power at and from the sea, achieve high-velocity learning at every level, strengthen our #USNavy team for the future, and expand and strengthen our network of partners.</p>	Video			1/1/17 3:13 PM
<p>USS Dwight D. Eisenhower (CVN 69) Sailors are spending their first holiday with their families in seven months after Ike's deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet. Take another look at Friday's homecoming here.</p>	Video			1/1/17 11:14 AM

Start 2017 strong by resolving to focus on your physical fitness. Engaging in regular physical activity is one of the most vital things that #USNavy Sailors of all ages can do to improve their health - both psychological and physical. Get more #FITmasTime tips at <http://j.mp/2iV1y0k>

Photo

1/1/17 7:10 AM

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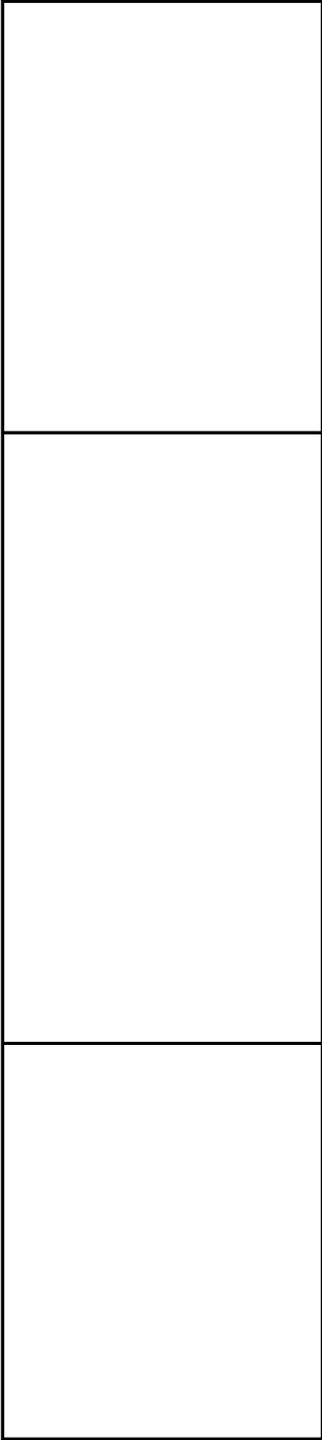


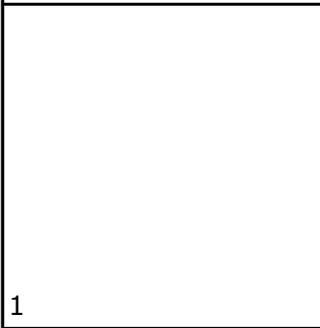
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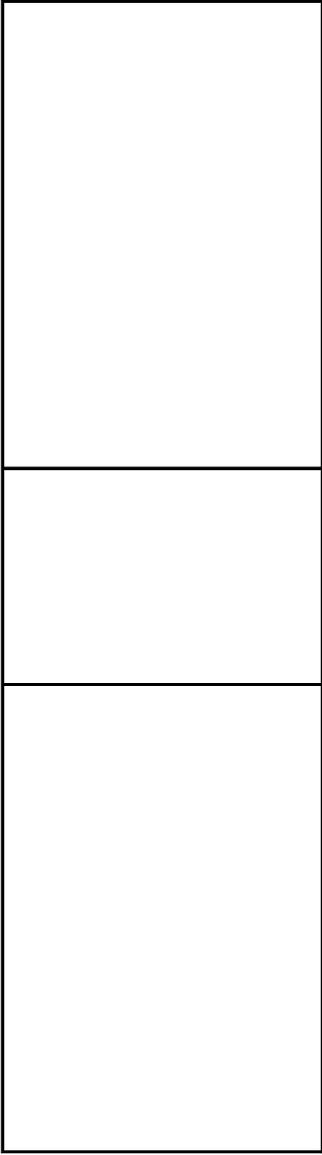
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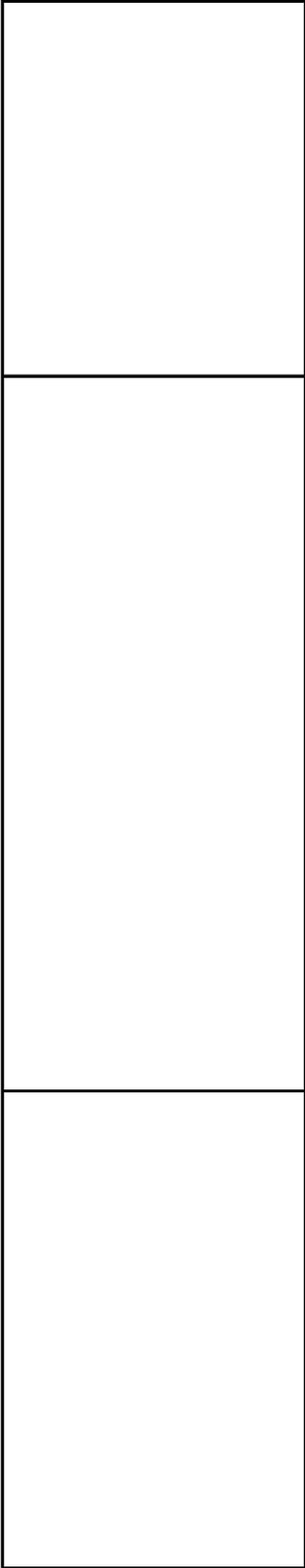
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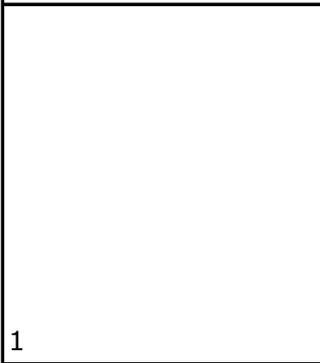
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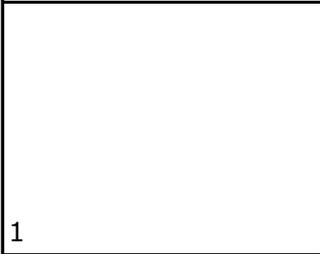
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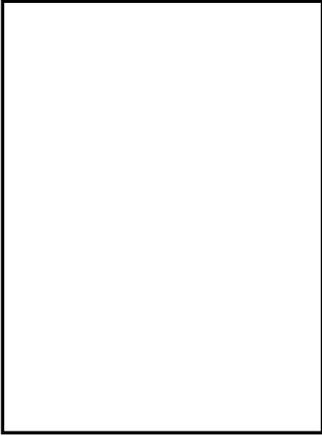
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Post Message	Type	Countries	Languages	Posted
U.S. Navy	Photo			4/30/17 7:23 PM
<p>Although Sexual Assault Awareness and Prevention Month is coming to an end, our #OneNavyTeam's work continues to eliminate the crime of sexual assault and ensure our team members are treated with dignity and respect because protecting our people protects our mission.</p>	Photo			4/30/17 8:06 AM
<p>#USNavy forces – like USS Carl Vinson (CVN 70) – provide on-call scalable options to address a changing world’s challenges, and the ship’s Sailors have the ammunition to do that thanks to Helicopter Sea Combat Squadron FOUR, HSC-4 and USNS Richard E. Byrd (T-AKE 4).</p>	Video			4/29/17 3:20 PM
<p>Watch to help celebrate the christening of our future USS Indiana (SSN 789). Learn more about the next-generation attack submarine at https://go.usa.gov/x55Jj.</p>	Video			4/29/17 8:08 AM

<p>Watch and wait for the flyover as USS Carl Vinson (CVN 70), USS Lake Champlain (CG 57), USS Wayne E. Meyer (DDG 108) and USS Michael Murphy (DDG 112) transited the Philippine Sea today with two Japan Maritime Self Defence Force destroyers. For more than 70 years, we've been routinely patrolling the Indo-Asia-Pacific to promote regional peace and security, and that continued today!</p>	<p>Video</p>			<p>4/28/17 3:16 PM</p>
<p>On this National Superhero Day, we remember that not all heroes wear capes....#USNavy Sailors, past and present, serve to protect and defend America. Tell us about your Navy hero.</p>	<p>Photo</p>			<p>4/28/17 6:44 AM</p>
<p>On this Throwback Thursday, we're going back to May 16, 2015: The keel laying ceremony for future USS Indiana (SSN 789). This Saturday, we'll christen our newest Virginia-class fast attack submarine. You can watch the ceremony here starting at 11 a.m. EDT.</p>	<p>Photo</p>			<p>4/27/17 3:31 PM</p>
<p>It's Take Our Daughters and Sons to Work Day. What would you tell your children about why you joined the #USNavy?</p>	<p>Photo</p>			<p>4/27/17 6:33 AM</p>

<p>Traumatic brain injuries can happen to anyone and not all TBIs are equal. All Hands Magazine shares how a retired Sailor's decision to seek treatment has put him on a mission to help others.</p>	<p>Link</p>			<p>4/26/17 5:23 PM</p>
<p>We're committed to learning and adapting faster – always getting better, striving to the limits of our performance. Watch live at 4 p.m. ET on the U.S. Marine Corps Facebook page for an example of how our #BlueGreenTeam is doing that.</p>	<p>SharedVideo</p>			<p>4/26/17 12:31 PM</p>
<p>Wednesday Wisdom: No matter how complex and quickly the world changes, the #USNavy will always fight to maintain prosperity and security on the open oceans.</p>	<p>Photo</p>			<p>4/26/17 6:31 AM</p>
<p>As a maritime nation, we rely on open oceans for prosperity and security. We maintain those open waters while expanding and strengthening our network of partners – like USS Carl Vinson (CVN 70) seen here transiting the Philippine Sea while conducting a bilateral exercise with the Japan Maritime Self Defense Force.</p>	<p>Photo</p>			<p>4/25/17 5:06 PM</p>

<p>Sexual assault is a serious crime, and we want victims to get the help they need. Help is always available through the Department of Defense Safe Helpline at 1-877-995-5247 or http://www.safehelpline.org. Turn on your sound to meet some of the people who are ready to help because protecting our people protects our mission.</p>	Video			4/25/17 9:21 AM
<p>"This visit is yet another example of the steadfast ROK and U.S. naval partnership." – Rear Adm. Brad Cooper U.S. Naval Forces Korea</p>	Link			4/25/17 6:46 AM
<p>Happy 71st birthday to the U.S. Navy Blue Angels! Watch to see some of this year's demonstrations, showcasing the pride and professionalism of the #USNavy and U.S. Marine Corps since 1946. Check out the team's schedule at https://go.usa.gov/x5kk5.</p>	Video			4/24/17 3:09 PM
<p>This week on the Rundown: the winners of a historic leadership awards have been announced, the #USNavy is looking for feedback on stress, and the creation of a response team to help prevent family violence.</p>	Video			4/24/17 10:21 AM

<p>"The seriousness in which I view these incidents is reflected in the seniority of those leading this review. They will provide a full and open accounting to our aviation community, their families and the public." - Vice Chief of Naval Operations Adm. Bill Moran</p>	Link			4/24/17 5:58 AM
<p>End your weekend with a bang – like USS Carney (DDG 64) firing its Mark 45 5-inch gun during a live-fire exercise during Flag Officer Sea Training 2017 in the Atlantic Ocean, April 18.</p>	Photo			4/23/17 3:12 PM
<p>Our #OneNavyTeam serves around the world to protect and defend America. These are some of those Faces of the Fleet...</p>	Link			4/23/17 6:37 AM
<p>More than 90 #USNavy commands are participating in Earth Day events this year. Take a look at how Sailors are doing their part to protect and preserve their Hawaii Nei (beloved Hawaii) – not just during this Earth Month, but always.</p>	Link			4/22/17 3:13 PM
<p>Our #USNavy chaplains provide more than religious support. The Chief of Chaplains of the Navy explains how they're part of our dedication to providing compassionate support to sexual assault victims regardless of their beliefs.</p>	Link			4/22/17 9:38 AM

<p>While today is Earth Day, #USNavy commands across the globe are showcasing their environmental stewardship throughout April as we take care of the environment year-round.</p>	Link			4/22/17 6:21 AM
<p>Drumroll, please. And our Shore Sailor of the Year is...</p>	Link			4/21/17 3:12 PM
<p>Start your weekend by watching our newest Sailors start their #UNavy careers as they graduate boot camp at Naval Station Great Lakes. Welcome aboard shipmates and your families!</p>	Video			4/21/17 6:45 AM
<p>Did you know tomorrow is #PurpleUp Day? The grassroots effort, which began in 2011, is an opportunity to wear purple to show your support for military children because our #KidsServeToo. We know our 'Grapes" will have no problem showing off the joint service color as they're protecting and defending our little shipmates and their families.</p>	Photo			4/20/17 3:27 PM
<p>Welcome home shipmates from USS CORONADO (LCS 4)'s maiden deployment! We know Crew 203 will continue to strengthen relationships and enhance interoperability with key maritime partners.</p>	Link			4/20/17 9:10 AM

<p>Our #KidsServeToo! Download this certificate to thank your child for their service and support during this Month of the Military Child and every day! You can also download it from https://go.usa.gov/x5xeh.</p>	Photo			4/19/17 3:12 PM
<p>Protecting our people protects our mission, and our sexual assault victim advocates are an important part of that. These specially trained volunteers provide victims essential non-clinical support and information about options and resources, and also maintain contact with them as needed for continued support.</p>	Video			4/19/17 9:05 AM
<p>Just a few hours ago, Vice President Mike Pence spoke to service members on USS Ronald Reagan (CVN 76)'s flight deck during his first official travel to the Asia-Pacific region.</p>	Link			4/19/17 6:35 AM
<p>LIVE NOW: Watch as Vice President Mike Pence delivers remarks aboard USS Ronald Reagan (CVN 76) as part of his first official travel to the Asia-Pacific region.</p>	Video			4/18/17 6:23 PM
<p>LIVE 9 P.M. ET: Join us here for Vice President Mike Pence's live remarks aboard USS Ronald Reagan (CVN 76) as part of his first official travel to the Asia-Pacific region</p>	Link			4/18/17 3:13 PM

<p>Today marks 75 years since the Doolittle Raid, which reinvigorated our country's morale following the Pearl Harbor attack. Watch this 1943 US National Archives video to witness the toughness demonstrated during this joint operation between the #USNavy and the U.S. Army Air Forces. Learn more from Naval History & Heritage Command at https://go.usa.gov/x5qUb</p>	Video			4/18/17 9:50 AM
<p>Our future USS Gerald R. Ford - CVN 78 will bring with it 4.5 acres of diplomacy and improved #USNavy warfighting, increased operational availability, as well as reduced operating costs and crew size when it joins our fleet. Let's go inside its builders sea trials – a milestone that marked another step closer to that happening.</p>	Link			4/18/17 7:08 AM
<p>Corpsman up! BZ shipmate! "As soon as I knew that I could be of assistance, I just resorted back to what I learned from my [training as] a corpsman." – Hospital Corpsman Christopher Marroquin</p>	Link			4/17/17 3:13 PM
<p>This week on the Rundown: 6 things to know about SAPR reporting, the #USNavy recognizes Alcohol Awareness Month with a new mobile app to promote drinking responsibly.</p>	Video			4/17/17 9:12 AM

<p>Flight operations are expected to resume today using a modified mask while we continue to work to identify the root cause of recent physiological episodes and have identified a solution. More on the planned way ahead this week here...</p>	<p>Link</p>			<p>4/17/17 6:36 AM</p>
<p>From training to provide options to protect and defend America... to executing those options, our #USNavy Sailors have been busy. Take a look at how they've been operating forward.</p>	<p>Link</p>			<p>4/16/17 4:35 PM</p>
<p>Our Navy Weeks introduce communities without a #USNavy presence to Navy life and how our Sailors protect and defend America. Let's visit our most recent Navy Week along the Mississippi Gulf Coast.</p>	<p>Link</p>			<p>4/16/17 7:05 AM</p>
<p>In case you missed it, our submarine force celebrated 117 years of Silent Service earlier this week. Test your knowledge here and tag a friend to see who knows more!</p>	<p>Link</p>			<p>4/15/17 3:29 PM</p>
<p>The wait is over! The video is here. We apologize for the delay. Thanks for your patience! Welcome to the Navy family.</p>	<p>Link</p>			<p>4/15/17 11:16 AM</p>
<p>Our future USS Gerald R. Ford - CVN 78 is back from builder's sea trials. The next generation aircraft carrier remains on track to conduct acceptance trials and delivery to the #USNavy this spring.</p>	<p>Link</p>			<p>4/15/17 6:11 AM</p>

<p>This new policy is in response to continued reports of explosions of ENDS due to the overheating of lithium-ion batteries. Multiple Sailors have suffered serious injuries from these devices, to include first- and second-degree burns and facial disfigurement.</p>	<p>Link</p>			<p>4/14/17 3:52 PM</p>
<p>Initiative, one of our core attributes, happens in different ways – both personally and professionally. Listen as Chief of Naval Operations Adm. John Richardson talks about the initiative demonstrated by USS Ross’ readiness and how initiative is part of ensuring #NoBystanders in our #OneNavyTeam.</p>	<p>Link</p>			<p>4/14/17 9:41 AM</p>
<p>We apologize for the technical problems about the live feed. However, we're recording it and will post it later today at this address. Thank you for your understanding and welcome aboard to our Navy family!</p>	<p>Link</p>			<p>4/14/17 7:12 AM</p>
<p>BZ to our Sailors aboard our future USS Gerald R. Ford - CVN 78 for their readiness during the ship's sea trials to help a Sailor in need. Read and then share to give a BZ too!</p>	<p>Link</p>			<p>4/14/17 6:35 AM</p>

<p>It's a complex and changing world. Training like this live-fire exercise aboard USS America (LHA 6) is one way that we're always preparing to provide on-scale options. The exercise – seen here looped in slow motion – tested the ship's defenses by destroying a drone using its self-defense Rolling Airframe Missile system.</p>	<p>Video</p>			<p>4/13/17 3:57 PM</p>
<p>See something wrong? Do something right! Did you know that NCIS - Naval Criminal Investigative Service has three ways – text, web and app – to report a crime and issues like direct knowledge of explicit photos taken without consent? Find out more here...</p>	<p>Link</p>			<p>4/13/17 9:21 AM</p>
<p>Time is of the essence if a submarine's pressurized steam lines rupture. Dive deeper into the new damage control equipment we're testing to better protect our Sailors when making emergency repairs or rescuing their shipmates.</p>	<p>Link</p>			<p>4/13/17 6:21 AM</p>
<p>Each of us has a role to play in preventing, reporting and eliminating sexual assault and harassment as well as other toxic behaviors. LISTEN and then SHARE because the message is clear: There can be #NoBystanders in our #OneNavyTeam. Period.</p>	<p>Video</p>			<p>4/12/17 3:12 PM</p>

<p>The USS Dwight D. Eisenhower (CVN 69) Strike Group returned home just a few months, but that doesn't mean its Sailors aren't maintaining their readiness to deploy anywhere in the world on short notice if needed.</p>	<p>Link</p>			<p>4/12/17 6:32 AM</p>
<p>We have a special Tuesday Trivia for you! How well do you know the #USNavy's Submarine Force? Test your knowledge and help celebrate 117 years of Silent Service.</p>	<p>Link</p>			<p>4/11/17 3:08 PM</p>
<p>Expanding and strengthening our network of partners isn't something just for senior #USNavy leaders. Listen to hear why this line of effort in Chief of Naval Operations Adm. John Richardson's "A Design for Maintaining Maritime Superiority" matters.</p>	<p>Link</p>			<p>4/11/17 8:57 AM</p>
<p>Each of us has a role to play in preventing, reporting and eliminating sexual assault because protecting our people protects our mission. It is important to know the reporting options if you or a shipmate is a victim of sexual assault. Here are six things you need to know and understand.</p>	<p>Link</p>			<p>4/11/17 6:45 AM</p>

<p>"The Navy and our industry partners are excited to have the future USS Gerald R. Ford - CVN 78 underway under her own power for the first time, executing a rigorous and comprehensive test program for this first-of-class ship." - Rear Adm. Brian Antonio Program executive officer for aircraft carriers</p>	Photo			4/10/17 6:19 PM
<p>On this National Siblings Day, we'd like to give a big HOOYAH to our sister services – U.S. Army, U.S. Marine Corps, United States Air Force and U.S. Coast Guard – that join us in the fight to protect and defend America! #OneTeam, #OneFight!</p>	Photo			4/10/17 3:14 PM
<p>Lacking Monday motivation? Sailors aboard our future USS Gerald R. Ford - CVN 78 probably aren't having that problem. This weekend, they got underway under the ship's own power for the first time to execute a rigorous and comprehensive test program of their first-of-class ship.</p>	Video			4/10/17 9:49 AM
<p>This week on the Rundown: Quotas and updates are out for the 2017 Meritorious Advancement Program, #USNavy charts the course for the future, and Chief of Naval Personnel - N1 brings Sailor 2025 to Sea Air Space.</p>	Video			4/10/17 6:33 AM

U.S. Navy	Photo			4/10/17 4:28 AM
It's not often that your BZ comes from your Commander-in-Chief President Donald J. Trump aboard Air Force One.	Link			4/9/17 5:52 PM
In case you missed it: Our future USS Paul Ignatius (DDG 117) is now another step closer to joining the #USNavy's fleet. Turn on your sound to experience some of Saturday's christening ceremony.	Video			4/9/17 3:13 PM
Forward and flexible. At the direction of U.S. Pacific Command, the USS Carl Vinson (CVN 70) Carrier Strike Group – seen here in a file photo – is proceeding north from Singapore to operate in the Western Pacific rather than conducting previously planned visits to Australia.	Link			4/9/17 8:28 AM
The #USNavy's future USS Gerald R. Ford - CVN 78 is underway under its own power for the first time, executing a rigorous and comprehensive test program for this first-of-class ship.	Link			4/8/17 3:48 PM
Today, our future USS Paul Ignatius (DDG 117) will be another step closer to joining our fleet, helping us to adapt in both quantity and quality to address more complex, rapidly evolving challenges.	Link			4/8/17 6:52 AM

<p>When we talk about the #USNavy providing on-call, scalable options to address challenges in a changing world, the firing of 59 Tomahawk missiles into Syria is an example of that. Here's why...</p>	Link			4/7/17 6:13 PM
<p>The countdown is on until the #USNavy hosts the U.S. Department of Defense (DoD) Warrior Games in Chicago, and this year marks a first for the competition where athletes will demonstrate their enduring warrior spirit.</p>	Link			4/7/17 3:11 PM
<p>In case you missed it last night: The United States fired 59 Tomahawk missiles from USS Porter and USS Ross in the eastern Mediterranean Sea into Syria in retaliation for the regime of Bashar Assad using nerve agents to attack his own people.</p>	Link			4/7/17 7:13 AM

<p>From the U.S. Department of Defense (DoD): At the direction of the president, U.S. forces conducted a cruise missile strike against a Syrian Air Force airfield today at about 8:40 p.m. EDT (4:40 a.m., April 7, in Syria). The strike targeted Shayrat Airfield in Homs governorate, and were in response to the Syrian government's chemical weapons attack April 4 in Khan Sheikhoun, which killed and injured hundreds of innocent Syrian people, including women and children. More details at http://go.usa.gov/xXQ7v</p>	Video			4/6/17 8:05 PM
<p>Fair winds and following seas, John Glenn – member of our Department of the Navy family as a U.S. Marine Corps fighter pilot, legendary NASA - National Aeronautics and Space Administration astronaut and U.S. senator. Today, he was laid to rest at Arlington National Cemetery. He passed away Dec. 8, 2016, at age 95.</p>	Photo			4/6/17 3:42 PM
<p>The location of the first American shots in World War I, which the United States entered 100-years-ago today, may surprise you. Naval History & Heritage Command explains. Then and now, the #USNavy provides on-call scalable options in a changing world.</p>	Link			4/6/17 6:05 AM

<p>The pause, which is in response to concerns raised by T-45C pilots over the potential for physiological episodes, will allow time for naval aviation leadership to engage with the pilots, hear their concerns and discuss the risk mitigation efforts that are ongoing to correct this issue.</p>	Link			4/5/17 6:14 PM
<p>On this Gold Star Spouses Day and everyday, we honor the families of our fallen shipmates for their service and sacrifice.</p>	Photo			4/5/17 10:26 AM
<p>While April is Sexual Assault Awareness and Prevention Month, the prevention, reporting and elimination of sexual assault is always an all-hands responsibility. Protecting our people to protect our mission starts with you. Share to spread the word.</p>	Link			4/4/17 5:56 PM
<p>Are you expecting to PCS this summer? With permanent change of station orders being issued later than normal due to a continuing resolution for fiscal year 2017, there are a few things you need to know to make your move less stressful.</p>	Link			4/4/17 3:23 PM

<p>Get energized to maintain our edge in today's competitive world. Chief of Naval Operations Adm. John Richardson shares how directed energy like lasers will be a transformational technology that must be done fast and right so the #USNavy is the first on the field with this capability.</p>	<p>Link</p>			<p>4/4/17 9:38 AM</p>
<p>In recognition of Sexual Assault Awareness and Prevention Month, we've changed our profile picture to teal - symbolic of the teal ribbons that are used to mark the month. The April awareness month is designed to build momentum for year-round efforts to eliminate the crime of sexual assault, while making sure all Sailors are treated with dignity and respect. Protecting our People, Protects our Mission!</p>	<p>Photo</p>			<p>4/4/17 9:06 AM</p>
<p>In today's complex and quickly changing world, how are our partnerships a "collective insurance policy?" Turn on your sound as Adm. Bill Moran explained on Monday at the nation's largest maritime expo, Sea Air Space – just outside of Washington, D.C.</p>	<p>Video</p>			<p>4/4/17 6:24 AM</p>

<p>Honoring our past...to build our future inspired by toughness and integrity. The #USNavy celebrated Medal of Honor recipient Thomas Hudner Jr.'s service this weekend during the christening of the guided-missile destroyer that bears his name. His story is all the Monday motivation that you need.</p>	<p>Link</p>			<p>4/3/17 4:11 PM</p>
<p>This week on the Rundown: The enlisted advancement cycle has been announced, it is Sexual Assault Awareness and Prevention Month, and in case you missed it, big news regarding #USNavy GMTs. Watch for more details.</p>	<p>Video</p>			<p>4/3/17 9:04 AM</p>
<p>Sleep tight! Your #USNavy is on watch around the world, protecting and defending America.</p>	<p>Photo</p>			<p>4/2/17 6:15 PM</p>
<p>The #USNavy's largest rating will soon see significant training changes to provide ready and relevant training that will prepare them to manage the continuum of care in high-threat or complex environments.</p>	<p>Link</p>			<p>4/2/17 6:39 AM</p>

<p>No April Fool's Day joke! In case you missed it, we've ended online GMT to improve leader engagement opportunities, reduce administrative distractions and address our Sailors' frustration with current online training products. This is the way ahead...</p>	<p>Link</p>			<p>4/1/17 6:12 PM</p>
<p>Happy birthday to our chief petty officers! For 124 years, you've remained the hallmark of technical expertise and ship's knowledge. Celebrate by testing your knowledge of our deckplate leaders and backbone of our #USNavy then, today and beyond! Navy chief! Navy pride!</p>	<p>Link</p>			<p>4/1/17 5:35 AM</p>
<p>Ahead of Saturday's 124th birthday of the #USNavy chief petty officer, we asked you what your chief taught you about integrity, accountability, initiative and toughness. Check out some of the responses and add your own response in our blog here.</p>	<p>Link</p>			<p>3/31/17 5:00 PM</p>
<p>Starting Saturday, we'll observe Sexual Assault Awareness and Prevention Month. Remember each member of our #OneNavyTeam has a role to play in preventing, reporting and eliminating sexual assault – not just in April, but always because protecting our people protects our mission.</p>	<p>Link</p>			<p>3/31/17 9:40 AM</p>

<p>Our female Sailors and civilians – like Angela Moran – have a rich history of service in the #USNavy. Turn on your sound to listen why the United States Naval Academy professor says one of her contributions to our #OneNavyTeam was life changing for her. BZ Professor Moran!</p>	Video			3/31/17 7:17 AM
<p>Saturday, we'll christen the future USS Thomas Hudner (DDG 116). Read to learn more about the #USNavy's newest guided-missile destroyer.</p>	Link			3/30/17 3:27 PM
<p>In this #31for31, Chief of Naval Operations Adm. John Richardson delivered a keynote address to the 2017 Directed Energy Summit in Washington, DC. Watch for some of the highlights.</p>	Video			3/30/17 9:04 AM
<p>This Saturday, we'll mark 124 years of deckplate leadership by our #USNavy chiefs. Tell us what your chief taught you about integrity, accountability, initiative and toughness. We'll share some of your answers later this week.</p>	Photo			3/29/17 3:46 PM
<p>Our #USNavy Sailors serve around the world, around the clock to protect and defend America. Here's a look at some of our "Faces of the Fleet"...</p>	Link			3/29/17 6:25 AM

<p>In this #31for31, Chief of Naval Operations Adm. John Richardson met in #London with the First Sea Lord of the United Kingdom, Adm. Sir Philip Jones, Royal Navy and Chief of Naval Staff, Adm. Christophe Prazuck, Marine Nationale, affirming their commitment to increased interoperability.</p>	<p>Video</p>			<p>3/28/17 3:27 PM</p>
<p>TUESDAY TRIVIA: Female Sailors and civilians have a long and distinguished legacy of service in our #USNavy. Do you know the name of the first female to be presented the Navy Cross? CLUE: This Chief Nurse received the Navy Cross for her leadership of the Navy Nurse Corps during World War I. Tell us your answer in the comments below.</p>	<p>Link</p>			<p>3/28/17 9:34 AM</p>
<p>Watch Chief of Naval Operations Adm. John Richardson's all-hands call live from Rota Spain.</p>	<p>SharedVideo</p>			<p>3/28/17 5:03 AM</p>
<p>We've heard the feedback from the Fleet that online training is ineffective and impersonal. Now, we want to tell you what we've done about it.</p>	<p>Link</p>			<p>3/27/17 3:19 PM</p>
<p>Vice Chief of Naval Operations Adm. Bill Moran discusses the need for a bigger and more capable #USNavy, the idea of wholeness, and the importance of people. in the latest Soundings podcast. Listen here!</p>	<p>Link</p>			<p>3/27/17 11:36 AM</p>

<p>This week on the Rundown: Chief of Naval Operations Adm. John Richardson addresses stopping toxic behavior, 5 things you need to know about conducting yourself online, and more.</p>	<p>Video</p>			<p>3/27/17 7:22 AM</p>
<p>Navy Weeks allow us to bring our #USNavy home. In Austin, it was also an opportunity to remember more than 3,400 Texans who gave their lives so others might be free.</p>	<p>Link</p>			<p>3/26/17 3:29 PM</p>
<p>Our female Sailors and civilians – like Allison Stiller – have a long and distinguished legacy of service in our #USNavy. On Jan. 20, she began performing the duties of our assistant secretary of the Navy for Research Development & Acquisition.</p>	<p>Video</p>			<p>3/26/17 6:17 AM</p>
<p>Join us in honoring the recipients of our nation's highest medal for valor in combat. On this day in 1863, the first Medals of Honor were presented. Today, learn about our shipmates who earned it for their conspicuous gallantry and intrepidity at the risk of life, above and beyond the call of duty.</p>	<p>Link</p>			<p>3/25/17 6:55 AM</p>

<p>Today, women serve in every rank from seaman to admiral and have the opportunity to serve in any occupation in the #USNavy. In observation of Women's History Month, we want to introduce you to some of our Faces of the Fleet who continue to contribute to a distinguished legacy of service.</p>	Link			3/24/17 3:53 PM
<p>As a maritime nation, we rely on open oceans for prosperity and security. We maintain these open waters while expanding and strengthening our network of partners through exercises like Foal Eagle – a series of joint and combined field training exercises, conducted by the Combined Forces Command and U.S. Forces Korea component commands. Foal Eagle enhances the combat readiness, flexibility, and capabilities of the Republic of Korea and U.S. alliance.</p>	Photo			3/24/17 7:22 AM
<p>If you're not currently receiving the video, please stand-by.</p>	Link			3/24/17 7:09 AM
<p>Welcome home, shipmates! Master Chief Missile Technician Adrian Watkins, assigned to USS Nevada (SSBN 733), hugs his wife after the boat returned to Naval Base Kitsap Tuesday following a routine deterrent patrol.</p>	Photo			3/23/17 3:26 PM

<p>On this Throwback Thursday, we're back to today 1882 when Secretary of the Navy William Hunt created the Office of Naval Intelligence with General Order Number 292. Explore how ONI has constantly transformed and evolved to be what our #USNavy and nation needs.</p>	Link			3/23/17 6:38 AM
<p>When we talk about female Sailors and civilians playing a crucial role in our #USNavy, we're talking about members of our One Navy Team like Raye Montague. Watch as she shares how she revolutionized our ship design process by contributing her talents and adding to a rich history of service.</p>	Video			3/22/17 3:12 PM
<p>Don't be tricked by social engineering like phishing. Always be mindful of the information you're providing to people you don't know, regardless of how sincere or legitimate they may seem. You're in the #NavyCyber battlespace! Get more Naval Operations Security (OPSEC) tips at https://go.usa.gov/xXkCv.</p>	Photo			3/22/17 9:31 AM

<p>Busted, AGAIN! For the second time in five days, USS Laboon (DDG 58) intercepted a small, stateless dhow in the international waters of the Arabian Sea and seized 500 kilograms of Hashish. Maritime security operations at work!</p>	<p>Link</p>			<p>3/22/17 6:34 AM</p>
<p>Take a look at U.S. Navy Blue Angels Boss refueling thanks to the United States Air Force's 79th Air Refueling Squadron. Up next: Brunswick, Georgia, this weekend for the Wings Over Golden Isles Air Show. Get the team's schedule at https://go.usa.gov/xXKAK</p>	<p>Video</p>			<p>3/21/17 3:22 PM</p>
<p>What's the latest about #USNavy personnel initiatives? Hear straight from the top with Chief of Naval Personnel - N1 Vice Adm. Robert Burke in the latest Soundings podcast.</p>	<p>Link</p>			<p>3/21/17 10:09 AM</p>
<p>100-years-ago today: Loretta Perfectus Walsh left her mark on #USNavy history when she became our first female chief petty officer. Travel back in time with us for a historical look at other female Sailors who benefited from our female chiefs' deckplate leadership. BZ shipmates!</p>	<p>Link</p>			<p>3/21/17 6:54 AM</p>

<p>On this date in #USNavy history: In 2003, Operation Iraqi Freedom began after USS Bunker Hill (CG 52) was among the first to launch tomahawk missiles on Iraq, along with other Navy ships in the Red Sea and Arabian Gulf. Today, we're still providing on-call scalable options to address a changing world's challenges.</p>	Video			3/20/17 3:17 PM
<p>This week on the Rundown: A message from Chief of Naval Operations Adm. John Richardson about a problem that we need to solve, a new way to get #USNavy apps, and more. Watch for details.</p>	Video			3/20/17 9:07 AM
<p>Our civilian employees are dedicated professionals and critical members of our #USNavy team. We can't accomplish our mission without them. See how we're mitigating the effects of the federal hiring freeze on our Navy family.</p>	Link			3/20/17 6:28 AM
<p>Our female Sailors – like Vice Adm. Jan Tighe – and civilians have a long and distinguished legacy of service in our #USNavy. Meet our deputy chief of Naval Operations for Information Warfare/director of Naval Intelligence here.</p>	Video			3/19/17 7:30 AM

<p>Start your weekend with a bang – like USS Donald Cook (DDG 75) firing its Mark 45 5-inch gun during a live-fire gunnery exercise during Flag Officer Sea Training 2017 in the Atlantic Ocean, March 13.</p>	Photo			3/18/17 6:43 AM
<p>There’s no room for luck in the #USNavy when we're protecting and defending America! It takes integrity, accountability, initiative and toughness.</p>	Photo			3/17/17 6:44 AM
<p>On this Throwback Thursday, we’re going back to 1945 for an incredible example of initiative and toughness during the Iwo Jima campaign! READ: If you don’t know about Pharmacist's Mate 1st Class Francis Pierce’s actions that earned him the Medal of Honor. SHARE: If you do know his story.</p>	Link			3/16/17 5:10 PM
<p>Watch as Chief of Naval Operations Adm. John Richardson shares why we’re starting the conversation earlier with industry to discuss our #USNavy’s requirements.</p>	Video			3/16/17 7:13 AM
<p>Join us in wishing U.S. 7th Fleet happy birthday! It was established March 15, 1943. Today, it is the largest forward-deployed U.S. fleet, and maintains a forward presence in the Indo--Asia-Pacific providing security and stability to that region.</p>	Photo			3/15/17 4:02 PM

<p>Read this blog and share to spread the message from Chief of Naval Operations Adm. John Richardson that we have a problem and we need to solve it. The discovery of online sites that degrade the female members of our team has shined a light on the fact that this problem persists. There is no room in our Navy for toxic behavior.</p>	Link			3/15/17 6:38 AM
<p>TUESDAY TRIVIA: Female Sailors and civilians have a long and distinguished legacy of service in our #USNavy. Edith Voorhees Hasson is part of that legacy. Tell us why in the comments below. CLUE: https://go.usa.gov/xXrFR</p>	Link			3/14/17 6:06 PM
<p>Questions about the household goods process for a PCS move? There are now more live, interactive webinars to help you! Get the schedule here.</p>	Link			3/14/17 2:51 PM
<p>Competition, winning, failing and most importantly, treating each other with dignity and respect. It's all in Chief of Naval Operations Adm. John Richardson's latest podcast. Listen to Soundings here!</p>	Link			3/14/17 7:27 AM

<p>U.S. Navy Blue Angels history in flight! On Friday, the team took to the skies with one of its jets and its first two performing aircraft, the F6F Hellcat and the F8F Bearcat, before its first airshow in El Centro, California, on Saturday. Up next: The NAWS China Lake Air Show this weekend.</p>	<p>Video</p>			<p>3/13/17 6:21 PM</p>
<p>SHARE TO THANK all of our Sailors who have served aboard USS Carl Vinson (CVN 70) since it was commissioned 35-years-ago today. Right now, it's on a western Pacific deployment under Commander, U.S. Third Fleet's command and control, offering additional options to the U.S. Pacific Fleet commander by leveraging the capabilities of 3rd Fleet and U.S. 7th Fleet.</p>	<p>Photo</p>			<p>3/13/17 3:09 PM</p>
<p>Our female Sailors – like Capt. Amy Bauernschmidt – and civilians have a long and distinguished legacy of service in our #USNavy. Meet USS Abraham Lincoln (CVN 72)'s executive officer here.</p>	<p>Video</p>			<p>3/13/17 10:14 AM</p>

<p>This week on the 100th episode of the Rundown: Chief of Naval Operations Adm. John Richardson announces an essay contest, rating experts are needed to help shape advancement exams, a chance to give back through the Navy-Marine Corps Relief Society and more.</p>	<p>Video</p>			<p>3/13/17 6:46 AM</p>
<p>In case you missed it, watch as USS Detroit - Iron Warriors conduct a successful missile test firing.</p>	<p>Video</p>			<p>3/11/17 3:12 PM</p>
<p>Chief's anchors mark a symbol of expertise, trust, partnership and above all...leadership. The #USNavy is looking for a few chiefs interested in shaping the future of their ratings.</p>	<p>Link</p>			<p>3/11/17 9:07 AM</p>
<p>#USNavy's USS Detroit (LCS 7) + Surface to Surface Missile Module = Distributed Lethality</p>	<p>Link</p>			<p>3/10/17 3:12 PM</p>
<p>The largest annual multilateral humanitarian assistance and disaster relief preparedness mission in the Indo-Asia-Pacific region is underway. Go inside for a closer look at their mission's first stop.</p>	<p>Link</p>			<p>3/10/17 9:12 AM</p>

<p>As our #USNavy sharpens our competitive edge, we need to be scrapping for every advantage we can get. Toxic behaviors make us weaker; they cede our advantage, our people, to the enemy. These behaviors have no place in our Navy. Our ability to succeed is directly tied to our ability to fight as one team – a team that treats one another honorably.</p>	<p>Link</p>			<p>3/9/17 3:58 PM</p>
<p>Go inside the humanitarian mission Continuing Promise 2017 as it strengthens our partnerships and improves cooperation in Central and South America.</p>	<p>Link</p>			<p>3/9/17 9:09 AM</p>
<p>USS George H.W. Bush (CVN 77) performs a passing exercise with USS Philippine Sea (CG 58) and the Hellenic Navy's Elli-class frigate HN Kountouriotis (F-462), March 5. The George H.W. Bush Carrier Strike Group is conducting naval operations in the U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet area of operations in support of U.S. national security interests.</p>	<p>Photo</p>			<p>3/8/17 3:38 PM</p>
<p>On this International Women’s Day and every day, our female Sailors and #USNavy civilians continue their rich history of service by contributing their talents and capabilities to our force.</p>	<p>Photo</p>			<p>3/8/17 6:54 AM</p>

<p>A view perfect for a postcard to home from USS MAKIN ISLAND (LHD 8) in the Arabian Sea, March 3! The amphibious assault ship is supporting maritime security operations designed to reassure allies and partners, and preserve the freedom of navigation and the free flow of commerce in the region.</p>	Photo			3/7/17 4:26 PM
<p>Tuesday Trivia: What was the first #USNavy combatant ship to have women assigned to it? Clue: The orders were issued 23-years-ago today. Answer: https://go.usa.gov/xXxSx</p>	Link			3/7/17 6:39 AM
<p>Good news! The U.S. Navy Blue Angels have added another performance to their schedule. See if it is coming to your city!</p>	Link			3/6/17 3:16 PM
<p>On this Rundown: EAOS extensions for first-term Sailors, Chief of Naval Operations Adm. John Richardson's Professional Reading Program, and more</p>	Video			3/6/17 9:18 AM
<p>As this week gets underway, take a look back at February and how our Sailors are providing on-call scalable options to address a changing world's challenges.</p>	Video			3/6/17 6:46 AM
<p>Happy 75th anniversary #USNavy Seabees! To celebrate, test your knowledge about how their "Can Do" attitude builds more than just construction projects.</p>	Link			3/5/17 7:57 AM

<p>Get ready for our #USNavy Seabees' 75th anniversary on Sunday by watching this All Hands Magazine story. Then, share so your friends can dig into their "Can Do" history too!</p>	Video			3/4/17 3:04 PM
<p>For the first time in 25 years, the United States faces a return to great power competition. "It is about winning. Do not mistake that for a second. We are not out there to be the second most powerful navy in the world." - Chief of Naval Operations Adm. John Richardson</p>	Link			3/4/17 11:38 AM
<p>This Women's History Month, we're sharing stories of #USNavy female Sailors and civilians like Naval Sea Systems Command's Sharon Smoot - part of a long and distinguished legacy of service to our Navy.</p>	Video			3/4/17 6:57 AM
<p>Thank you to our Reservists for answering our nation's call in our Navy Reserve for 102 years during war and peace!</p>	Photo			3/3/17 2:28 PM
<p>Go behind the scenes of President Donald J. Trump's visit to our future USS Gerald R. Ford - CVN 78.</p>	Link			3/3/17 7:07 AM
<p>Earlier today, President Donald J. Trump addressed #USNavy Sailors aboard our future USS Gerald R. Ford - CVN 78 - his visit to an aircraft carrier.</p>	Link			3/2/17 6:52 PM

<p>44 years ago today, the first four female #USNavy pilots began training: Lt. j.g. Barbara Allen, Ens. Jane Skiles, Lt. j.g. Judith Neuffer and Ens. Kathleen McNary. Today, women hold nearly every job from naval aviator to deep-sea diver, and have the opportunity to serve in any occupation.</p>	Photo			3/2/17 3:20 PM
<p>LIVE 2:30 P.M. ET: Watch as President Donald J. Trump delivers remarks aboard our future USS Gerald R. Ford - CVN 78.</p>	Link			3/2/17 11:10 AM
<p>Our #USNavy Sailors provide on-call, scalable options in today's rapidly changing world. USS Bataan (LHD 5)'s Blue-Green Team is out there along with its amphibious ready group to provide those options after deploying yesterday from Naval Station Norfolk.</p>	Photo			3/2/17 9:16 AM
<p>BZ shipmates! "This incident is an example of the types of situations our Sailors train for, day-in and day-out." - Cmdr. Edward Weiler Helicopter Sea Combat Squadron Two-Five (HSC-25) commanding officer</p>	Link			3/2/17 6:36 AM
<p>Join us in thanking USS Albuquerque (SSN 706) and the boat's crews for 33 years of service to our #USNavy SHARE to spread the word that our Silent Service continues to run silent and deep!</p>	Link			3/1/17 6:20 PM

<p>Our first #NavyWeek of the year is over, but we're just getting started! Take a look back at Navy Week Mobile here and see if a Navy Week is coming to your community.</p>	Link			3/1/17 3:06 PM
<p>Join us this #WomensHistoryMonth in honoring our female Sailors and civilians for their rich history of service and continuous contributions of their talents and capabilities to our #OneNavyTeam.</p>	Link			3/1/17 6:34 AM
<p>Before we jump into our next Navy Week in Austin, Texas, you've got to see how the U.S. Navy Parachute Team "The Leap Frogs" helped to kick off #NavyWeek Mobile on Thursday. This video is worth watching until the end!</p>	Video			2/28/17 3:17 PM
<p>We're a deployed force that serves around the world to provide on-call, scalable options. Take a look at some places where our #USNavy Sailors are serving to provide those options.</p>	Link			2/28/17 9:34 AM
<p>If you don't know Seaman Joseph Noil's story of toughness, you should! All Hands Magazine shares how the Medal of Honor recipient slowly faded from history, and how the #USNavy righted that wrong.</p>	Link			2/28/17 6:34 AM

<p>Come aboard USS George H.W. Bush (CVN 77) during its operations in the eastern Mediterranean Sea, which demonstrate our ability to conduct precision strikes on ISIS targets from multiple theaters. These strikes highlight the flexibility of the #USNavy's globally-deployed force.</p>	<p>Link</p>			<p>2/27/17 3:23 PM</p>
<p>For the first time in 25 years, the United States is facing a return to great power competition. Listen as Chief of Naval Operations Adm. John Richardson explains what it means for the #USNavy.</p>	<p>Video</p>			<p>2/27/17 9:22 AM</p>
<p>On this Rundown: We're asking Sailors to consider duty as recruit division commanders, how Sailors can get "SMART" with their goals, and more. Watch for details here.</p>	<p>Video</p>			<p>2/27/17 6:35 AM</p>
<p>These #USNavy Sailors aren't walking down the #Oscars red carpet, but this walk down to check for debris aboard USS Carl Vinson (CVN 70) makes sure the aircraft carrier's flight deck is safe for flight operations during its deployment in the western Pacific.</p>	<p>Photo</p>			<p>2/26/17 4:47 PM</p>
<p>It may be the weekend, but our #USNavy Sailors are working around the world, around the clock, operating forward to protect and defend America!</p>	<p>Photo</p>			<p>2/26/17 9:59 AM</p>

<p>Listen as Master Chief Petty Officer of the Navy Steven Giordano discusses his recent travels in the fleet, leadership and the #USNavy's core attributes, and more.</p>	Link			2/26/17 6:38 AM
<p>On this day in 1933: Our first true aircraft carrier, USS Ranger (CV 4), was launched. If you knew that, hit LIKE. If you didn't know that, hit SHARE to tell your friends. 84 years later, the #USNavy continues to adapt in both quantity and quality to protect and defend America!</p>	Link			2/25/17 4:58 PM
<p>Join us in wishing a happy birthday to the #USNavy Supply Corps, which celebrated 222 years of excellence on Thursday! Thank you for maintaining our Sailors' warfighter readiness and improving the quality of life for our Sailors and their families.</p>	Photo			2/25/17 11:41 AM
<p>Our diverse workforce brings together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets. That allows us to operate successfully around the world. Meet a #USNavy Sailor and NASA - National Aeronautics and Space Administration astronaut who has reached for the stars and succeeded.</p>	Video			2/25/17 7:34 AM

<p>#NavyWeek Mobile is here, and so is USS Mitscher (DDG 57)! Hit "LIKE" if you've been to a Navy Week. Hit "WOW" if you'd like to attend one - an opportunity to learn about the #USNavy, our people and our importance to national security and prosperity.</p>	Link			2/24/17 3:46 PM
<p>We're looking for the best of our best to turn civilians into #USNavy Sailors.</p>	Link			2/24/17 6:38 AM
<p>On this Throwback Thursday, we're going back to this day in 1919, the first #USNavy ship named for an enlisted man, USS Osmond Ingram (DD 255), is launched.</p>	Photo			2/23/17 3:12 PM
<p>We're a maritime nation and we rely on open oceans for prosperity and security. USS Barry - DDG 52 transits the Philippine Sea, Feb. 10. The Arleigh Burke-class guided-missile destroyer is on patrol in support of security and stability in the Indo-Asia-Pacific region.</p>	Photo			2/22/17 4:32 PM
<p>Did you know Chicago O'Hare International Airport's name honors a World War II naval aviator? Naval History & Heritage Command shares how the Medal of Honor recipient's toughness continues to be honored.</p>	Link			2/22/17 9:24 AM

<p>DDG-121's keel laying and authentication mark the ceremonial beginning of the #USNavy's future USS Frank E. Petersen, Jr., honoring a U.S. Marine Corps trailblazer.</p>	Link			2/22/17 6:33 AM
<p>Who am I and what did I do? CLUE: During the attack on Pearl Harbor, I literally took matters into my own hands to protect my ship and my shipmates. ANSWER: http://go.usa.gov/x9JKQ A diverse workforce positions the #USNavy to operate successfully around the globe by bringing together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets.</p>	Link			2/21/17 3:12 PM
<p>Whether our #USNavy Sailors serve topside or below deck, we're training – like these USS George H.W. Bush (CVN 77) Sailors during a medical drill – to be ready to provide on-call scalable options.</p>	Photo			2/21/17 10:53 AM
<p>On this Weekly Wire Rundown, we're testing a new personnel web portal, command senior chief and master chief selection board results are out, and more. Watch for details here.</p>	Video			2/21/17 6:21 AM

<p>We're committed to giving our #USNavy Sailors a modern personnel system that they deserve. The first step in providing them a consolidated one-stop shop for their personnel information in here, and we want their feedback.</p>	Link			2/20/17 3:35 PM
<p>On this Presidents Day, take a look with Naval History & Heritage Command at some of our #USNavy ships that honor U.S. presidents.</p>	Link			2/20/17 6:46 AM
<p>In case you missed it, experience hyper-realistic trauma training for our independent duty corpsmen. All Hands Magazine takes you inside this tough course that saves lives in the fleet.</p>	Video			2/19/17 3:22 PM
<p>Why do our #USNavy carrier air wings need the capabilities provided by our 4th and 5th generation aircraft? Get the answer from our air boss.</p>	Link			2/19/17 9:11 AM
<p>BZ to our galleys and culinary specialists who have been recognized for their outstanding food service! Check out the winners and then tell us who has the best galley in the #USNavy.</p>	Link			2/19/17 6:44 AM

<p>It takes #OneNavyTeam to provide on-call scalable options to address a changing world's challenges. Meet USS Dwight D. Eisenhower (CVN 69) Sailors who provided those options during their deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet.</p>	Link			2/18/17 3:36 PM
<p>What does #USNavy toughness mean to you? Chief of Naval Operations Adm. John Richardson explains how toughness - one of our four core attributes - helps to guide our decisions and actions.</p>	Link			2/18/17 10:31 AM
<p>African American Sailors and civilians, like Naval Sea Systems Command's Sharon Smoot, are integral parts of our #OneNavyTeam. Listen as she shares how our #USNavy is strengthened by the diversity of our force.</p>	Video			2/18/17 6:43 AM
<p>Talk about #USNavy toughness! On this day in 1945, Lt. j.g. Rufus Herring's actions during the pre-invasion attack on Iwo Jima earned him the Medal of Honor. Learn about his actions that day in this Nov. 1945 issue of All Hands Magazine at http://go.usa.gov/x9u7H.</p>	Photo			2/17/17 4:23 PM

<p>Building a bridge with an ally, and building and strengthening partnerships to make us a stronger fighting force. #USNavy Seabees with Naval Mobile Construction Battalion 5 and Marines work with Republic of Korea marines to erect an Improved Ribbon Bridge in open waters in Chinhae, South Korea, Jan. 28.</p>	Photo			2/17/17 8:40 AM
<p>Don't miss a second of this tough, hyper-realistic trauma training for our #USNavy independent duty corpsmen. Watch as All Hands Magazine takes you inside this course that saves lives in the fleet.</p>	Video			2/16/17 3:06 PM
<p>"The MQ-4C Triton's advanced intelligence, surveillance, and reconnaissance capabilities bring enhanced battlespace awareness for the fleet to achieve full spectrum superiority." – Adm. Phil Davidson Commander, U.S. Fleet Forces Command</p>	Link			2/16/17 9:09 AM
<p>"PowerPoints are boring; people fall asleep and they are kind of pointless. Getting involved [in the role-playing] allows people to examine how they would actually respond in a real-life scenario." – A quartermaster aboard USS Shiloh (CG 67)</p>	Link			2/16/17 6:24 AM

<p>In order to provide on-call scalable options in a changing world, our #USNavy Sailors need the right capabilities, including the right ammunition. Watch as USS America (LHA 6)'s weapons department completes a four-day ammunition on load – the final requirement for the ship to deploy this summer.</p>	<p>Video</p>			<p>2/15/17 3:14 PM</p>
<p>What does #USNavy toughness mean? Chief of Naval Operations Adm. John Richardson explains in his latest podcast. Listen here.</p>	<p>Link</p>			<p>2/15/17 9:58 AM</p>
<p>Watch to come aboard USS George H.W. Bush (CVN 77)'s flight deck as its carrier strike group joined the Operation Inherent Resolve fight yesterday. The strikes from the eastern Mediterranean Sea demonstrate our ability to conduct precision strikes on ISIS targets from multiple theaters as part of our globally deployed force.</p>	<p>Video</p>			<p>2/14/17 3:23 PM</p>

<p>Who am I? In 1968, I became the first amputee to serve as a #USNavy diver following an accident in 1966 while participating in the recovery of atomic bombs after the crash of two United States Air Force planes. Later, I became our first African-American master diver in 1970. ANSWER: http://go.usa.gov/x9tnH A diverse workforce positions the Navy to operate successfully around the globe by bringing together service members and civilians with different ideas, experiences, perspectives, capabilities and skill sets.</p>	Link			2/14/17 10:09 AM
<p>Happy Valentine's Day from the #USNavy! We love serving to protect and defend our Nation and those who we love. Share with someone that you love!</p>	Video			2/14/17 6:43 AM
<p>Today, the USS George H.W. Bush (CVN 77) Carrier Strike Group joined the Operation Inherent Resolve fight. Its strikes from the eastern Mediterranean Sea demonstrate the #USNavy's capability to conduct precision strikes on ISIL targets from multiple theaters, highlighting the flexibility of our globally deployed force.</p>	Link			2/13/17 3:43 PM

<p>Our future USS Tulsa (LCS 16) is another step closer to joining the #USNavy's fleet after its christening this weekend. "Ships like Tulsa will operate where much of our Navy simply cannot, in the shallows and in the littorals, with speed, agility and lethality." - Vice Chief of Naval Operations Adm. Bill Moran</p>	Link			2/13/17 10:39 AM
<p>On this Rundown, the SAIL program is available fleet wide to provide rapid assistance and on-going risk assessment and support for our Sailors who have exhibited suicide-related behavior, the #USNavy wants more enlisted women aboard subs, and Navy COOL will be visiting a city near you. Watch for details now.</p>	Video			2/13/17 7:29 AM
<p>Train like you fight. Fight like you train. Watch as #USNavy USS Donald Cook (DDG 75) fires its MK45 5 inch gun during a live-fire gunnery exercise in U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet's area of operations.</p>	Video			2/12/17 3:46 PM
<p>Sailors should expect a compressed timeline for planning and scheduling military moves through the end of the Continuing Resolution for fiscal year 2017. This is what you should know.</p>	Link			2/12/17 9:14 AM

<p>Listen as Vice Chief of Naval Operations Adm. Bill Moran discusses the need for a larger, well-equipped #USNavy with a focus on Sailors.</p>	<p>Link</p>			<p>2/12/17 6:33 AM</p>
<p>No playtime here. #USNavy Master-at-Arms 2nd Class Jordyn Japiec, a military working dog handler, and Puskos, a Jagdterrier military working dog drug detector, begin the certification process to include obedience training and narcotic detector training onboard Naval Station Norfolk, Feb. 1.</p>	<p>Photo</p>			<p>2/11/17 3:11 PM</p>
<p>The Sailor of the Year program recognizes an individual Sailor who best represented the ever-growing group of dedicated professional Sailors at each command and ultimately the #USNavy. What advice do you have for our Sailors as they prepare?</p>	<p>Photo</p>			<p>2/11/17 9:33 AM</p>
<p>To achieve optimal mission readiness, we provide every #USNavy Sailor and civilian with equal access to the tools and resources they need to succeed. Turn on your sound and listen as Rear Adm. John Fuller shares why his entire goal is to let his work and the content of his character speak for itself.</p>	<p>Video</p>			<p>2/11/17 6:50 AM</p>

<p>Whether above, on or beneath the water, our #USNavy Sailors are serving around the world to provide on-call, scalable options to address challenges in a complex and quickly changing world.</p>	Photo			2/10/17 3:11 PM
<p>Join us in welcoming our newest #USNavy Sailors to the fleet. Watch their boot camp graduation live at 9:45 a.m. ET today.</p>	Video			2/10/17 6:45 AM
<p>An F/A-18E Super Hornet lands on USS Carl Vinson (CVN 70) in the Pacific Ocean, Feb. 4. The #USNavy aircraft carrier and its strike group are on a regularly scheduled Western Pacific deployment as part of the U.S. Pacific Fleet-led initiative to extend the command and control functions of Commander, U.S. Third Fleet.</p>	Photo			2/9/17 3:50 PM
<p>"... on-going demand for naval forces exceeds our long-term supply. And that need continues to grow with no end in sight. Supply is best summed up in one fact: Your Navy today is the smallest we've had in 99 years." - Vice Chief of Naval Operations Adm. Bill Moran told lawmakers this week.</p>	Link			2/9/17 10:03 AM
<p>Our future expeditionary fast transport USNS Yuma (T-EPF 8) is another step closer to joining the #USNavy fleet after successfully completing acceptance trials. Get to know its capabilities here.</p>	Link			2/9/17 6:39 AM

<p>Fair winds and following seas, Sir. We have the watch.</p>	<p>Link</p>			<p>2/8/17 6:27 PM</p>
<p>Our #USNavy Sailors serve around the world. Training like this cold-water endurance ruck march by Explosive Ordnance Disposal Mobile Unit 8 and the Norwegian Army Explosive Ordnance Disposal teams in the austere environment of northern Norway helps prepare our Sailors to conduct decisive combat operations to defeat any enemy.</p>	<p>Photo</p>			<p>2/8/17 3:11 PM</p>
<p>Naval Personnel Command has announced a plan to consolidate several #USNavy Personnel Support Detachment and Customer Support Detachment locations. Find out how the customer service pay and personnel model will better serve our fleet.</p>	<p>Link</p>			<p>2/8/17 8:06 AM</p>
<p>Whether on duty, in uniform or at home, our online behavior must reflect the highest standards of character and conduct. Don't let Jeff down because anything that is unacceptable to say or do in person is also unacceptable online. Honor, Courage, Commitment – online, all the time. #NavyCyber</p>	<p>Photo</p>			<p>2/7/17 3:16 PM</p>

<p>Suicide prevention is not about the numbers; every life lost to suicide is one too many. Find out how the now fleet-wide SAIL program will provide rapid assistance, on-going risk assessment and support for our #USNavy Sailors who have exhibited suicide-related behavior.</p>	<p>Link</p>			<p>2/7/17 9:03 AM</p>
<p>On this Trivia Tuesday: 73 years ago this month, we commissioned our first African-American officers. Q: What did the 12 #USNavy commissioned officers seen here and a warrant officer who received his rank at the same time become known as? A: http://go.usa.gov/x9FQr Today, integrating service members and civilians from diverse backgrounds into our force continues to allow the #USNavy to recruit and retain the nation's top talent from a wider pool of skilled personnel.</p>	<p>Photo</p>			<p>2/7/17 6:33 AM</p>
<p>Watch in slow motion as USS John Paul Jones (DDG 53) participated in a successful flight test Friday – the first intercept of a ballistic missile target using the Standard Missile-3 (SM-3) The SM-3 Block IIA is being developed cooperatively by the United States and Japan to defeat medium- and intermediate-range ballistic missiles.</p>	<p>Video</p>			<p>2/6/17 3:18 PM</p>

<p>On this Rundown: Help for eligible Sailors to decide whether the new Blended Retirement System is right for them, we're expanding on existing efforts to prevent destructive behaviors across the fleet, and more. Watch for details now.</p>	Video			2/6/17 7:46 AM
<p>The arrival of #USNavy E-2D Advanced Hawkeyes in Japan has brought enhanced capabilities to the region. Get to know the E-2D Advanced Hawkeye's improvements here.</p>	Link			2/5/17 6:11 PM
<p>Join us in congratulating the 14 top #USNavy recruiters of 2016. These Sailors visited the Pentagon and met with Chief of Naval Operations Adm. John Richardson and other senior Navy leadership last week. BZ shipmates!</p>	Photo			2/5/17 3:13 PM
<p>Multinational training like Exercise Cutlass Express 2017 helps our #USNavy build and improve on international partnerships while improving our warfighting capability to make us a stronger fighting force. Here's how.</p>	Link			2/5/17 9:54 AM
<p>When you think of #USNavy toughness, you should think of Brandon Myers and how becoming a SEAL prepared him for the fight of his life. This is his story...</p>	Link			2/4/17 6:07 PM

<p>African American History Month provides the #USNavy with an opportunity to recognize the contributions of African American Sailors and personnel – both past and present. Turn on your sound and listen as retired Fleet Master Chief April Beldo reflects on her time as a Sailor.</p>	<p>Video</p>			<p>2/4/17 3:13 PM</p>
<p>Listen as Chief of Naval Operations Adm. John Richardson discusses the four core attributes - Integrity, Accountability, Initiative, and Toughness - outlined in "A Design for Maintaining Maritime Superiority", and their role in today's #USNavy and leader development.</p>	<p>Link</p>			<p>2/4/17 9:04 AM</p>
<p>Watch to experience USS Enterprise (CVN 65)'s decommissioning ceremony. Friday marked the first decommissioning of a nuclear-powered aircraft carrier. Thanks "Big E" for your more than half a century of service!</p>	<p>Video</p>			<p>2/4/17 6:37 AM</p>
<p>How well do you know #USNavy USS Enterprise (CVN 65)'s history? Test your knowledge of our first nuclear-powered aircraft carrier with Naval History & Heritage Command here, and check back for video of today's decommissioning ceremony.</p>	<p>Link</p>			<p>2/3/17 6:30 PM</p>

<p>Today we said fair winds and following seas to CVN-65 during its decommissioning ceremony. Take a look back at the making of USS Enterprise (CVN 65)'s legacy with Naval History & Heritage Command, and check back later to watch the ceremony.</p>	<p>Link</p>			<p>2/3/17 3:12 PM</p>
<p>As you get ready to start your weekend, watch as our newest Sailors graduate boot camp and get ready to start their #USNavy careers.</p>	<p>Video</p>			<p>2/3/17 6:45 AM</p>
<p>#HonorTheFallen: #USNavy SEAL William "Ryan" Owens, who was killed in action in the Arabian Peninsula of Yemen, has been posthumously advanced to senior chief petty officer.</p>	<p>Link</p>			<p>2/2/17 3:28 PM</p>
<p>The #USNavy must adapt in both quantity and quality addressing more complex rapidly evolving challenges. To help improve management of ship manning and personnel inventory for both the surface and submarine ratings, the Navy has established four new ratings for active duty Sailors. Find out what they are here.</p>	<p>Link</p>			<p>2/2/17 9:04 AM</p>

<p>USS Nimitz (CVN 68) transits Sinclair Inlet after getting underway from Puget Sound Naval Shipyard on Tuesday. Nimitz is conducting the Navy's Board of Inspection and Survey (INSURV), which is a periodic inspection to ensure the ship meets Navy standards to be ready to face a complex and quickly changing world.</p>	Photo			2/1/17 3:37 PM
<p>The decision to stay in the U.S. Department of Defense (DoD)'s current retirement system or opt-in to the Blended Retirement System is an important and irrevocable decision that eligible #USNavy Sailors must make based on their own individual circumstances. And help is available for Sailors to make that decision.</p>	Link			2/1/17 9:12 AM
<p>A diverse workforce allows the #USNavy to operate successfully around the globe by bringing together Sailors and civilians with different ideas, experiences, perspectives, capabilities and skill sets. This month, we join our nation in recognizing the contributions of African American Sailors and personnel both past and present.</p>	Link			2/1/17 6:39 AM

<p>Tuesday Trivia: The nuclear powered aircraft carrier has been, and will remain, the centerpiece of naval power projection at and from the sea. Tell us what year the #USNavy's first nuclear powered aircraft carrier USS Enterprise (CVN 65) was commissioned. Naval History & Heritage Command shares the answer and the legacy of ships named Enterprise.</p>	Link			1/31/17 3:12 PM
<p>Our nation faces a complex and quickly changing world, including at sea. That's why training like this visit, board, search, and seizure drill aboard USS WAYNE E. MEYER (DDG 108) is critical so our #USNavy Sailors are ready to provide on-call, scalable options to address these challenges.</p>	Photo			1/31/17 9:42 AM
<p>New Full Speed Ahead training continues the positive work we've done combating destructive behaviors while reinforcing #USNavy core attributes. Find out what's new and what's difference compared to Chart the Course and Bystander Intervention training that was conducted the past two years.</p>	Link			1/31/17 7:02 AM

<p>Honor the Fallen. Chief Special Warfare Operator William "Ryan" Owens was killed in action in Yemen Jan. 28. Chief Owens was assigned to an East Coast-based Special Warfare unit. We have the watch, Shipmate.</p>	Link			1/30/17 3:19 PM
<p>This week on the Rundown: Chief of Naval Operations Adm. John Richardson looks to help develop leaders, a new resource for financial literacy, one Sailor's experience in the career intermission program, and more. Watch for more details.</p>	Video			1/30/17 9:04 AM
<p>In order for our Seabees to build and to fight, they've got to be ready! Sailors assigned to NMCB FOUR got the chance to experience a different side of the #USNavy aboard USS SAN DIEGO (LPD 22)</p>	Link			1/30/17 7:15 AM
<p>"He was from a generation of people who were amazingly tough." That's how Ken Hartle's daughter, Karen Dahl, described her father who was the #USNavy's oldest surviving Pearl Harbor salvage diver. On Tuesday, he died at the age of 103. We have the watch shipmate.</p>	Link			1/29/17 11:12 AM

<p>If you could serve on any #USNavy surface ship, which one would it be? 244 midshipmen at the United States Naval Academy got that opportunity during #ShipSelection Night on Thursday.</p>	Link			1/28/17 9:13 AM
<p>Advancing directed energy supports the #USNavy's effort to strengthen naval power at and from the sea. Watch to come along as Chief of Naval Operations Adm. John Richardson reviewed directed energy systems and weapons being developed and tested U.S. Army White Sands Missile Range.</p>	Video			1/27/17 3:37 PM
<p>If you're experiencing any technical difficulties, you can switch over to our Facebook page at Facebook.com/USNavy.</p>	Link			1/27/17 8:32 AM
<p>Before you get your weekend underway, watch as our newest Sailors get their #USNavy careers underway during their boot camp graduation today at 9:45 a.m. ET.</p>	Video			1/27/17 6:45 AM
<p>A NAVADMIN released today updates several previously announced uniform policy changes. Get the details here.</p>	Link			1/26/17 3:52 PM
<p>On this Throwback Thursday, we're going back to this day in 1913, the body of #USNavy legend John Paul Jones is laid in its final resting place at the United States Naval Academy.</p>	Photo			1/26/17 9:53 AM

<p>Today on #NationalSpousesDay, we honor our #USNavy spouses that embody ideals we cherish: strength, loyalty, and commitment. They stand beside those who stand behind our flag, giving their all and making tremendous sacrifices.</p>	Photo			1/26/17 6:58 AM
<p>Just like the weapons systems we use, our personnel system needs updates to keep pace with a rapidly changing world. Find out how our #Sailor2025 program is working to more effectively recruit, train and manage the force of tomorrow while improving #USNavy warfighting readiness.</p>	Link			1/25/17 6:42 PM
<p>In case you missed it: Chief of Naval Operations Adm. John Richardson released the Navy Leader Development Framework that outlines how the #USNavy will develop leaders to demonstrate both operational excellence and strong character.</p>	Video			1/25/17 3:12 PM
<p>A new application for mobile devices designed to enhance financial literacy for #USNavy Sailors is available to help provide the latest info on the Blended Retirement System that goes into effect in 2018.</p>	Link			1/25/17 9:15 AM

<p>Chief of Naval Operations Adm. John Richardson released the Navy Leader Development Framework today. This document outlines how the #USNavy will develop leaders to demonstrate both operational excellence and strong character. Check out this #31for31 for more information.</p>	Video			1/25/17 6:30 AM
<p>A team of #USNavy scientists and engineers at Naval Surface Warfare Center, Panama City Division (NSWC PCD) have successfully recreated a natural material used for marine wildlife defense to assist military personnel.</p>	Link			1/24/17 3:24 PM
<p>For those Sailors looking for an opportunity to take a sabbatical from the #USNavy, the Career Intermission Program might be for you.</p>	Link			1/24/17 9:39 AM
<p>Caption this! If you want to know what's really happening, visit http://bitly.com/2jNs9d9</p>	Photo			1/24/17 7:02 AM
<p>BZ to the Sailors aboard USS MAKIN ISLAND (LHD 8) for proving why the #USNavy is 100 percent on watch around the globe.</p>	Link			1/23/17 3:49 PM
<p>Navy Cargo Handling Battalion ONE (NCHB-1) Sailors returned to McMurdo Station, Antarctica, in support of the National Science Foundation (NSF) annual resupply mission in support of Operation Deep Freeze.</p>	Link			1/23/17 9:39 AM

<p>This week on the Rundown: we say farewell to a fleet master chief, the Naval War College has more ways #USNavy Sailors can earn a college degree, and the latest from the Every Sailor Every Day campaign. Watch for more details</p>	Video			1/23/17 6:33 AM
<p>In case you missed it: Secretary of Defense James Mattis became our 26th #SecDef on Friday. The next day, he got right to work, meeting with our deputy SecDef, chairman of the Joint Chiefs of Staff, and vice chairman of the Joint Chiefs of Staff at the Pentagon.</p>	Link			1/22/17 6:54 AM
<p>Fair winds and following seas to our shipmates aboard USS George H.W. Bush (CVN 77) which got underway today for its regularly-scheduled deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet. Do you have any words of encouragement for your #USNavy Sailors?</p>	Photo			1/21/17 5:26 PM
<p>Did you recognize a familiar #USNavy voice during Friday's inauguration? BZ to United States Navy Band's Chief Musician Courtney Williams who served as public address announcer!</p>	Photo			1/21/17 10:19 AM

<p>Follow along as the #USNavy USS George H.W. Bush (CVN 77), seen here in a file photo, and the carrier strike group gets underway today for its regularly-scheduled deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet.</p> <p>📰 Story: http://bitly.com/2jD6dUm  Video: http://bitly.com/2j71idv</p>	Link			1/21/17 5:31 AM
<p>MATTIS SENDS: "... I am confident you will do your part. I pledge to you I'll do my best as your Secretary." Read the rest of #SecDef James Mattis' message to the U.S. Department of Defense (DoD) here.</p>	Link			1/20/17 6:54 PM
<p>It's official! Meet your U.S. Department of Defense (DoD) #SecDef, Gen. (Ret.) James Mattis who was sworn in just moments ago by Vice President Mike Pence. Welcome back aboard, Sir!</p>	Photo			1/20/17 4:57 PM
<p>More than 5,000 #USNavy Sailors, Marines and Coast Guardsmen will participate in the 29th Fleet Week New York, May 24-30. Will YOU be there? Tell us YOUR favorite Fleet Week moments from years past!</p>	Link			1/20/17 3:17 PM
<p>The Honorable Sean J. Stackley assumed the responsibilities of acting Secretary of the Navy Jan. 20 at noon.</p>	Link			1/20/17 9:53 AM

<p>6,000 Sailors attached to the USS George H.W. Bush (CVN 77) Carrier Strike Group will depart Norfolk and Mayport, Fla., for a regularly-scheduled deployment.</p>	<p>Link</p>			<p>1/19/17 6:10 PM</p>
<p>The Improved Flame Resistant Variant coverall is now an approved fleet organizational clothing item. Details on what that means for Sailors and when they'll start to see them here.</p>	<p>Link</p>			<p>1/19/17 3:11 PM</p>
<p>Fair winds and following seas, shipmate! Fleet Master Chief April Beldo, one of the #USNavy's most accomplished master chiefs, retires after 34 years of faithful service.</p>	<p>Link</p>			<p>1/19/17 9:12 AM</p>
<p>Secretary of the Navy Ray Mabus is the 75th U.S. Secretary of the Navy, the longest to serve as leader of the #USNavy and U.S. Marine Corps since World War I. Read SECNAV Mabus' remarks from his farewell tribute ceremony.</p>	<p>Link</p>			<p>1/18/17 3:12 PM</p>
<p>No matter where you are, find out how the College of Distance Education at Naval War College is providing superlative education to students around the globe, helping develop leaders and encourage excellence the world over.</p>	<p>Link</p>			<p>1/18/17 9:22 AM</p>

<p>This is your fleet and these are your #USNavy Sailors! These fine men and women are leading from the deck plates and completing missions around the globe. #GoNavy http://bitly.com/2jwOVS</p>	Link			1/18/17 6:33 AM
<p>USS Bataan (LHD 5) conducts a live-fire exercise with the ship's RIM 116 Rolling Airframe Missile weapon system in the Atlantic Ocean, Jan. 11, in preparation for its upcoming deployment.</p>	Photo			1/17/17 4:27 PM
<p>First-term #USNavy Sailors on sea duty can now elect to extend their expiration of active obligated service to complete their sea duty assignment. All Hands Magazine explains the five things you need to know.</p>	Link			1/17/17 9:12 AM
<p>This week on the Rundown: A new way to chat with Navy Detailers, Chief of Naval Personnel - N1 visits U.S. Pacific Fleet Sailor, and more. Watch for all of the details.</p>	Video			1/17/17 6:33 AM
<p>Fair winds and following seas, shipmate! Retired #USNavy Captain Eugene Cernan - the last man on the moon and a naval aviator - died today, NASA - National Aeronautics and Space Administration announced today. We have the watch, shipmate.</p>	Link			1/16/17 4:11 PM

<p>Today we celebrate the late Dr. Martin Luther King, Jr.'s legacy. Dr. King devoted his life to service, organizing rallies and events during the American civil rights movement, a movement influential in #USNavy policy changes, leading to the diverse Fleet we have today. What does Dr. King's legacy mean to you?</p>	Photo			1/16/17 9:06 AM
<p>"Today we honor some of our nation's finest heroes, not just for their individual acts of courage and bravery in the face of danger, but for the everyday selflessness that they and their peers demonstrate." - Secretary of the Navy Ray Mabus</p>	Link			1/14/17 9:12 AM
<p>On this day in 1967, the #USNavy established The office of the Senior Enlisted Advisor to the Chief of Naval Personnel. Master Chief Gunner's Mate Delbert D. Black was appointed to the position. In March of that same year, the position was renamed to Master Chief Petty Officer of the Navy (MCPON). Learn more about MCPON Black and the office of the MCPON at Naval History & Heritage Command #MCPON50</p>	Link			1/13/17 3:12 PM
<p>"I am here to paint the big picture of Sailor 2025. My main job is to make sure that the fleet is fully manned." - Vice Adm. Robert Burke Chief of Naval Personnel - N1</p>	Link			1/13/17 9:12 AM

<p>Before the Surface Navy Association's National Symposium wrapped up Thursday, we talked to our top SWO about how #USNavy distributed lethality increases our reach and ability to control the sea. Turn on your sound to hear Vice. Adm. Tom Rowden's answers.</p>	Video			1/13/17 5:37 AM
<p>"We've got to keep one eye on today and be ready to fight tonight. When we deploy, we have to ensure those ships are ready for what's on the horizon, but also keep an eye on the future." - Secretary of the Navy Ray Mabus at the Surface Navy Association Symposium on Wednesday.</p>	Link			1/12/17 6:25 AM
<p>WATCH LIVE: What's ahead for the Surface Navy? #USNavy Rear Adm. Ron Boxall is at the Surface Navy Association's 29th annual National Symposium with a look ahead. ♦ The symposium highlights the doctrine of distributed lethality as a valuable warfare strategy that enhances naval power at and from the sea.</p>	Video			1/11/17 9:08 AM

<p>The Surface Navy Association's 29th annual National Symposium highlights the doctrine of distributed lethality as a valuable warfare strategy that enhances #USNavy power at and from the sea. As Wednesday's sessions get underway, catch-up on discussions sessions about "Distributed Lethality: Enabling #SeaControl.</p>	Link			1/11/17 6:43 AM
<p>#USNavy toughness could be defined by United States Naval Academy Midshipman Jonathan Dennler's heroism following a deadly storm on a camping trip. After you read his story, you'll want to give him a BZ in the comments below!</p>	Link			1/10/17 6:11 PM
<p>#SeaControl is critical to ensuring global stability, national security and the safety of international sea lanes. Turn on your sound to learn how #USNavy distributed lethality increases our reach and ability to control the sea.</p>	Video			1/10/17 2:52 PM
<p>LIVE NOW: Our top SWO explains how #USNavy Distributed Lethality returns us to #SeaControl in a complex and quickly changing world.</p>	Link			1/10/17 10:07 AM

<p>On this day in 2009, the #USNavy commissioned the 10th and final nuclear-powered Nimitz-class carrier, USS George H.W. Bush (CVN 77) in front of thousands attending a pierside ceremony at Naval Station Norfolk.</p>	Photo			1/10/17 7:13 AM
<p>A centuries-old tradition dating back to the inauguration of President George Washington continues with the help of the US Navy Ceremonial Guard. Take a look from the 58th Presidential Inauguration - Joint Task Force National Capital Region here.</p>	Video			1/9/17 6:08 PM
<p>As a maritime nation, we rely on open oceans for prosperity and security. Our top SWO explains how #USNavy Distributed Lethality returns us to #SeaControl in a complex and quickly changing world.</p>	Link			1/9/17 3:23 PM
<p>MEDITERRANEAN SEA (Dec. 28, 2016) The guided missile destroyer USS Porter (DDG 78) fires a five-inch gun during a live-fire exercise. Porter, forward-deployed to Rota, Spain, is conducting naval operations in the U.S. 6th Fleet area of operations in support of U.S. national security interests in Europe. (U.S. Navy photo by Mass Communication Specialist Seaman Ford Williams/Released)</p>	Photo			1/9/17 9:42 AM

<p>This week on the Rundown: we're highlighting resources to help you with your PCS move, a program that gives you the chance to take a break from #USNavy, and how you can better manage your money in 2017. Watch for more details.</p>	Video			1/9/17 7:03 AM
<p>The United States faces a complex and quickly changing world, which is reflected at sea. Watch for a preview of how distributed lethality will return our #USNavy Surface Warriors to sea control. Stay tuned throughout the week.</p>	Video			1/8/17 4:33 PM
<p>USS Dwight D. Eisenhower (CVN 69) Carrier Strike Group's on time return was more than a good thing for its Sailors and their families. See why its deployment is an example of rotating our #USNavy force and surging it if necessary.</p>	Link			1/8/17 7:21 AM
<p>Sweepers, sweepers, man your brooms – rather your shovels! #USNavy USS George Washington (CVN 73), seen here Saturday in Norfolk, saw wintry weather today as part of the region's first winter storm of 2017. The ship is preparing to move to Newport News, Virginia, for its refueling complex (RCOH) maintenance.</p>	Photo			1/7/17 2:20 PM

<p>Honoring the Fallen. Fulfilling our Nation's Promise. A U.S. flag is presented to the niece of #USNavy Water Tender First Class Walter Henry Sollie on Friday. Her uncle was killed in the Pearl Harbor attack aboard USS Oklahoma (BB 37). Recently, the Defense POW / MIA Accounting Agency identified his remains through a DNA match. Yesterday, his funeral was held in Pensacola. We have the watch shipmate.</p>	Photo			1/7/17 7:17 AM
<p>A #USNavy E-2C Hawkeye prepares to launch from USS Carl Vinson (CVN 70) in the Pacific Ocean, January 5. The Carl Vinson Carrier Strike Group will report to U.S. 3rd Fleet, headquartered in San Diego, while deployed to the Western Pacific as part of the U.S. Pacific Fleet-led initiative to extend the command and control functions of 3rd Fleet into the region.</p>	Photo			1/6/17 2:32 PM
<p>Watch live as the Department of the #USNavy says farewell to our 75th Secretary of the Navy Ray Mabus at Marine Barracks Washington 8th & I.</p>	Video			1/6/17 7:05 AM

<p>"Our forward presence contributes to freedom of navigation and lawful use of the sea, as well as furthers operational training and enabling the exchange of culture, skills, and tactical knowledge." - Rear Adm. James W. Kilby Commander, Carrier Strike Group 1</p>	<p>Link</p>			<p>1/5/17 6:13 PM</p>
<p>On this Throwback Thursday, we're going back to 2016 - a year of integrity, accountability, initiative and toughness in the #USNavy. A lot happened last year. So, watch until the end and tell us your favorite moment in the comments below.</p>	<p>Video</p>			<p>1/5/17 11:13 AM</p>
<p>Airman Apprentice Andrew Mackey performs evening colors aboard #USNavy USS Carl Vinson (CVN 70) yesterday. Today, the carrier strike group begins to deploy on a regularly-scheduled deployment to the Western Pacific where it will conduct bilateral exercises in the Indo-Asia-Pacific region.</p>	<p>Photo</p>			<p>1/5/17 6:17 AM</p>

<p>Practice makes perfect! #USNavy Sailors assigned to Surface Warfare Detachment 2 aboard USS CORONADO (LCS 4) participate in visit, board, search and seizure training Jan. 3 in Changi, Singapore. Coronado is a fast and agile warship tailor-made to patrol Asian Pacific littorals and work hull-to-hull with partner navies, providing U.S. 7th Fleet with the flexible capabilities it needs now and in the future.</p>	Photo			1/4/17 9:28 AM
<p>Do you have questions about military moves for a permanent change of station, retirement or separation? Then, you'll want to participate in one of these upcoming live webinars starting next week.</p>	Link			1/4/17 6:37 AM
<p>Make it your mission to start 2017 with optimism. Positive thinking can help keep stress in check and improve your mood. Use this final #USNavy #FITmasTime tip and others that we shared to continue prioritizing your health in the new year.</p>	Link			1/3/17 10:05 AM
<p>Mark your calendars now: Tax returns are due April 18. All Hands Magazine explains why you may not receive your refund as early as in previous years.</p>	Link			1/3/17 6:49 AM

<p>Watch for all the Monday Motivation you'll need in 2017: A mother being reunited with her USS Nitze DDG 94 Sailor on Friday after the ship's 7-month deployment.</p>	Video			1/2/17 3:14 PM
<p>Financial challenges can be a significant source of anxiety. Give yourself a solid financial foundation in 2017 by setting up an emergency fund, making saving a habit and thoughtfully thinking through purchases. Get more #FITmasTime tips at http://bitly.com/2iWSUtW.</p>	Photo			1/2/17 7:57 AM
<p>To our entire #OneNavyTeam, thanks for everything you did last year. Our work continues in 2017 to strengthen naval power at and from the sea, achieve high-velocity learning at every level, strengthen our #USNavy team for the future, and expand and strengthen our network of partners.</p>	Video			1/1/17 3:13 PM
<p>USS Dwight D. Eisenhower (CVN 69) Sailors are spending their first holiday with their families in seven months after Ike's deployment to U.S. Naval Forces Central Command / U.S. 5th Fleet and U.S. Naval Forces Europe-Africa/U.S. Sixth Fleet. Take another look at Friday's homecoming here.</p>	Video			1/1/17 11:14 AM

Start 2017 strong by resolving to focus on your physical fitness. Engaging in regular physical activity is one of the most vital things that #USNavy Sailors of all ages can do to improve their health - both psychological and physical. Get more #FITmasTime tips at <http://j.mp/2iV1y0k>

Photo

1/1/17 7:10 AM

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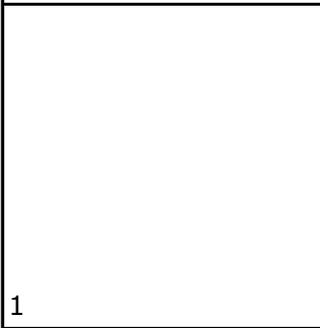
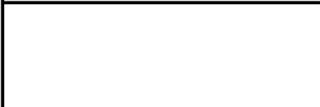
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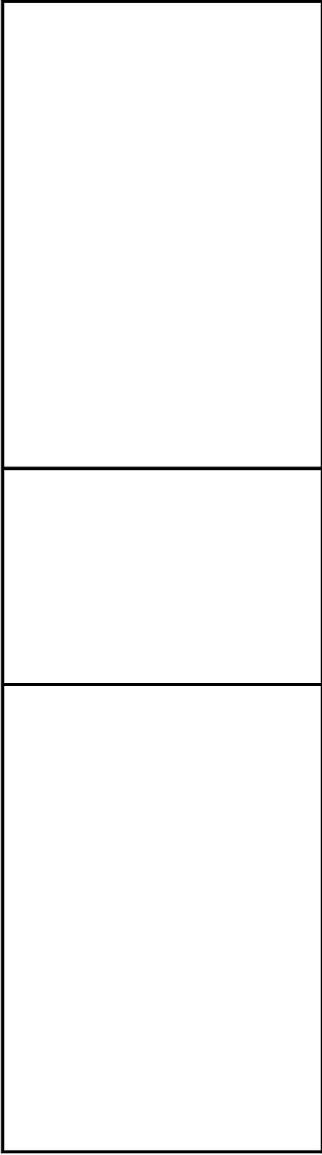
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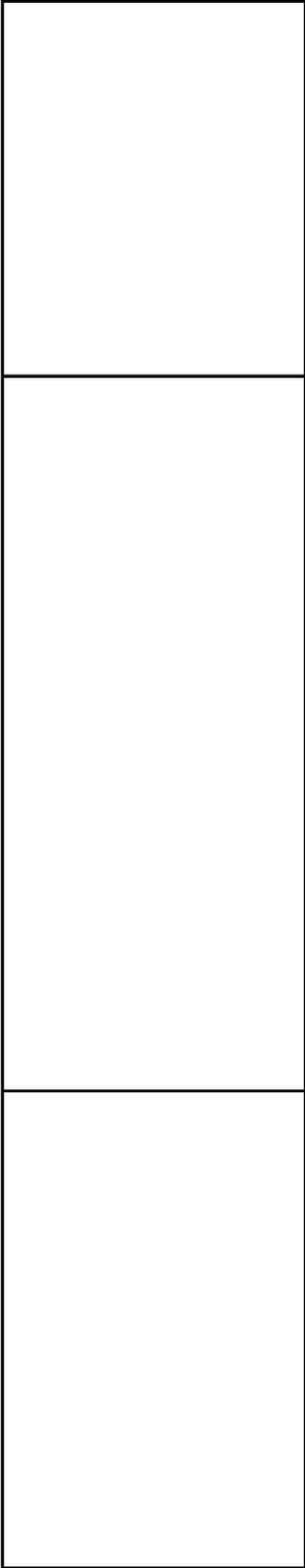
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